



## Teriyaki Chicken Cauli' Rice Bowl



Entire recipe: 289 calories, 4.5g total fat (1g sat. fat), 775mg sodium, 31.5g carbs, 7g fiber, 13g sugars, 32g protein

**Prep:** 10 minutes    **Cook:** 15 minutes

More: [Lunch & Dinner Recipes](#), [Single Serving](#), [30 Minutes or Less](#)

### Ingredients

2 cups roughly chopped cauliflower (or HG Alternative)  
1/2 cup shredded carrots, chopped  
1 tsp. chopped garlic  
Dash black pepper  
1/2 tsp. plus 1/8 tsp. onion powder  
3 tbsp. chopped scallions  
4 oz. raw boneless skinless chicken breast, cut into bite-sized pieces  
1/8 tsp. garlic powder  
1/4 cup canned sliced water chestnuts, drained and chopped  
1 1/2 tbsp. thick teriyaki marinade or sauce  
1/2 tsp. sesame seeds

### Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, chopped carrots, chopped garlic, pepper, and 1/2 tsp. onion powder. Cook and stir until softened, about 6 minutes.

Remove skillet from heat, and stir in 2 tbsp. scallions. Transfer to a medium bowl, and cover to keep warm.

Clean skillet, if needed. Re-spray, and return to medium-high heat. Add chicken pieces, and sprinkle with garlic powder and remaining 1/8 tsp. onion powder. Cook and stir for about 5 minutes, until chicken is fully cooked.

Reduce heat to medium low. Add chopped water chestnuts, teriyaki sauce, and 2 tsp. water. Cook and stir until hot and well mixed, about 1 minute.

Serve chicken mixture over cauliflower rice. Top with remaining 1 tbsp. scallions, and sprinkle with sesame seeds.

**MAKES 1 SERVING**

**HG Alternative:** Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 1/2 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

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Author: Hungry Girl

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