



Teriyaki Steak & Cauli' Rice Bowl



Entire recipe: 321 calories, 8.5g total fat (3g sat. fat), 783mg sodium, 30.5g carbs, 7g fiber, 13g sugars, 31g protein

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

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Ingredients

1 1/2 cups frozen riced cauliflower
1/2 cup shredded carrots, chopped
1 tsp. chopped garlic
1/2 tsp. plus 1/8 tsp. onion powder, divided
Dash black pepper
3 tbsp. chopped scallions, divided
4 oz. thinly sliced raw lean flank steak
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

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, carrots, garlic, 1/2 tsp. onion powder, and pepper. Cook and stir until hot, about 3 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. Respray, and return to medium-high heat. Add steak, and sprinkle with garlic powder and remaining 1/8 tsp. onion powder. Cook and stir for about 2 minutes, until steak is fully cooked.

Reduce heat to medium low. Add chopped water chestnuts, teriyaki sauce, sesame seeds, remaining 1 tbsp. scallions, and 2 tsp. water. Cook and stir until hot and well mixed, about 30 seconds.

Serve beef mixture over cauliflower.

MAKES 1 SERVING

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