



## Cauliflower Fried Rice with Chicken



1/4th of recipe (about 1 3/4 cups): 288 calories, 6.5g total fat (1g sat. fat), 579mg sodium, 24g carbs, 6g fiber, 11.5g sugars, 32.5g protein

**Prep:** 20 minutes    **Cook:** 40 minutes

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



### Ingredients

1 lb. raw boneless skinless chicken breast, pounded to an even thickness  
2 tsp. salt-free seasoning mix (like Mrs. Dash Original)  
5 cups roughly chopped cauliflower (about 1 medium head)  
1/3 cup egg whites or fat-free liquid egg substitute  
2 cups frozen peas and carrots  
1 cup chopped onion  
1 tbsp. sesame oil  
1 tsp. chopped garlic  
1/4 cup thick teriyaki marinade or sauce

### Directions

Preheat oven to 375 degrees. Spray a baking sheet with nonstick spray.

Season chicken with salt-free seasoning, and lay on the baking sheet.

Bake until chicken is cooked through, about 20 minutes.

Meanwhile, working in batches, pulse cauliflower in a food processor or blender until reduced to small rice-like pieces.

Chop cooked chicken into bite-sized pieces. Place in a large bowl, and cover to keep warm.

Bring an extra-large skillet sprayed with nonstick spray to medium heat. Scramble egg whites/substitute until fully cooked, about 3 minutes, using a spatula to break it up into bite-sized pieces. Transfer to the large bowl of chicken, and re-cover to keep warm.

Remove skillet from heat; clean, if needed. Re-spray, and bring to medium-high heat. Add frozen peas and carrots and 2 tbsp. water. Cover and cook for 3 minutes, or until thawed.

Add cauliflower, onion, sesame oil, and garlic to the skillet. Cook and stir until veggies have mostly softened, 6 - 8 minutes.

Add scrambled egg whites/substitute, chicken, and teriyaki marinade/sauce. Cook and stir until hot and well mixed, about 2 minutes.

### MAKES 4 SERVINGS

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Publish Date: May 22, 2015

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