



## Chicken Enchilada Bowl from Hungry Girl Fast & Easy



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Entire recipe: 280 calories, 7g total fat (2.5g sat. fat), 511mg sodium, 20.5g carbs, 6g fiber, 8g sugars, 34.5g protein

**Prep:** 5 minutes    **Cook:** 5 minutes

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### Ingredients

1 1/2 cups frozen riced cauliflower  
1/4 cup finely chopped onion  
1 tsp. taco seasoning  
3 oz. cooked and chopped skinless chicken breast  
2 tbsp. red enchilada sauce  
2 tbsp. shredded reduced-fat Mexican-blend cheese  
Optional topping: scallions

### Directions

Place cauliflower and onion in a medium microwave-safe bowl. Microwave for 2 minutes, or until cauliflower has thawed and onion has softened. Stir in taco seasoning.

In a separate medium bowl, coat chicken with enchilada sauce. Spoon over veggies, and top with cheese. Microwave for 1½ minutes, or until chicken is hot and cheese has melted.

MAKES 1 SERVING

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