



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

Green Plan [SmartPoints](#)® value 6*

Blue Plan (Freestyle™) [SmartPoints](#)® value 2*

Purple Plan [SmartPoints](#)® value 2*

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.

