

Cheesy Chicken and Veggie Rice



Skillet cheesy chicken and veggie “rice” is made with riced broccoli and cauliflower, sauteed chicken and cheddar cheese. A great way to combine veggies, cheese and chicken!

Ingredients

- 1/2 lb boneless, skinless chicken breast, cubed small
- 1/2 teaspoon kosher salt
- 1/4 teaspoon garlic powder
- black pepper, to taste
- 1 teaspoons olive oil
- 2 cloves crushed garlic
- 1/4 cup chopped onion
- 12 ounces riced cauliflower and broccoli, such as Green Giant
- 1/3 cup reduced fat sharp cheddar

Instructions

1. Season chicken with 1/4 teaspoon kosher salt, garlic powder and black pepper, to taste.
2. Heat a large nonstick skillet over high heat. When hot add 1/2 teaspoon oil and add half of the chicken.
3. Cook 2 to 3 minutes on each side, until no longer pink in the center and browned on the edges. Set aside.
4. Repeat with remaining chicken.
5. Add the remaining 1/2 teaspoon of oil, onion and garlic and cook over medium heat about 2 minutes, until soft. Add the riced vegetables (frozen), 1/4 teaspoon salt and pepper and cook 5 to 6 minutes, until heated through.
6. Return the chicken to the skillet, top with the cheese and cover.
7. Cook low heat until the cheese is melted, about 2 to 3 minutes.

From ***Skinny Taste*** (skinnytaste.com)