



FAJITA CHICKEN CAULIFLOWER RICE BOWL

INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Grilled Chicken Breast, sliced	5 Oz.	Pico De Gallo	¼ Cup
Cauliflower Rice	1½ Cups	Non-fat Plain Greek Yogurt	2 Tbsps.
Bell Peppers, Sliced	½ Cup	Juice	½ Lime
Onion, Sliced	¼ Cup	Fajita Seasoning	1 Tsp.
Corn	¼ Cup	Fresh Cilantro	

SERVING SIZE

1

PREPARATION

- Prepare cauliflower rice according to package instructions.
- Heat a skillet over medium heat and lightly coat with cooking spray.
- Add sliced peppers and onions and sauté for 4-5 minutes until slightly softened.
- Add grilled chicken and fajita seasoning to the skillet and heat until warmed through.
- Place cauliflower rice into a serving bowl.
- Top with chicken, peppers, onions, corn, and pico de gallo.
- Add Greek yogurt as a creamy topping.