

TROPICAL CHICKEN CAULIFLOWER RICE BOWLS

Preparation: **40** minutes | Cooking: **10** minutes | Servings: **4**

INGREDIENTS

4 boneless, skinless chicken breasts
1 fresh pineapple, peeled, cored and cubed (about 3 cups), divided
1 small red onion, finely chopped
3 cups fresh cauliflower florets (about 1/2 small cauliflower)
1/2 cup plain or coconut Greek yogurt
3 tablespoons lime juice, divided
1/2 cup and 2 tablespoons chopped fresh cilantro, divided
1 tablespoon canola oil
3/4 teaspoon salt, divided
1/4 teaspoon crushed red pepper flakes
1/8 teaspoon chili powder
Optional: toasted, sweetened shredded coconut and lime wedges



INSTRUCTIONS

For marinade, place 1 cup pineapple, yogurt, 2 tablespoons each cilantro and lime juice, 1/4 teaspoon salt, pepper flakes and chili powder in a food processor; process until blended. In a large bowl, toss chicken with marinade; refrigerate, covered, 1-3 hours. In a clean food processor, pulse cauliflower until it resembles rice. (Do not overprocess.) In a large skillet, heat oil over medium-high heat; sauté onion until lightly browned, 3-5 minutes. Add cauliflower; cook and stir until lightly browned, 5-7 minutes. Stir in 1 cup pineapple and the remaining lime juice and salt; cook, covered, over medium heat until cauliflower is tender, 3-5 minutes. Stir in remaining cilantro. Keep warm. Preheat grill or broiler. Drain chicken, discarding marinade. Place chicken on an oiled grill rack over medium heat or in a greased foil-lined 15x10x1-inch pan. Grill, covered, or broil 4 inches from heat until a thermometer reads 165°, 4-6 minutes per side. Let stand 5 minutes before slicing. To serve, divide cauliflower mixture among 4 bowls. Top with chicken, remaining pineapple and, if desired, coconut and lime wedges.