

TROPICAL CHICKEN CAULIFLOWER RICE BOWLS

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

INGREDIENTS

4 boneless, skinless chicken breasts, halved
1 small red onion, finely chopped
1 fresh pineapple, peeled and cored (about 3 cups)
3 cups cauliflower rice
1/2 cup plain Greek yogurt
1/2 cup cilantro, chopped
3 tablespoons lime juice
1 tablespoon olive oil
3/4 teaspoon salt
1/4 teaspoon pepper
1/8 teaspoon chili powder



INSTRUCTIONS

For marinade, place 1 cup pineapple, yogurt, 2 tablespoons cilantro and 12 tablespoons lime juice, 1/4 teaspoon salt, pepper and chili powder in a food processor or blender. In a large bowl, toss chicken with marinade and set in fridge covered for 1-3 hours. In a large skillet, heat oil over medium-high heat. Sauté onion until lightly browned, 3-5 minutes. Add cauliflower rice and cook until slightly browned, 5-7 minutes. Stir in 1 cup of pineapple 1 tablespoon lime juice and 1/2 teaspoon salt. Cook covered over medium-high heat until cauliflower is tender. Stir in 1/2 cup cilantro. Set aside. Cook chicken on grill or skillet over medium-high heat for 4-6 minutes per side. After it is cooked through, let sit for 5 minutes prior to slicing. Serve chicken on top of cauliflower and pineapple mixture. Serve with lime wedges. Enjoy!