



# Chicken Fried Cauliflower Rice

Cook Time: 25 mins

Servings: 6

Serving size: 1 cup

## Ingredients

- |  |                                     |
|--|-------------------------------------|
| 4 Tablespoon olive oil   | 2 Tablespoon lower-sodium soy sauce |
| 1 diced red bell pepper  | Dash of ground ginger               |
| 1/2 medium diced onion   | 1/4 cup chopped green onions        |
| 2 cups finely chopped carrots                                    | Salt and pepper to taste            |
| 3 cups chopped cabbage   | 1/2 teaspoon crushed red pepper     |
| 1 small chopped zucchini   |                                     |
| 1 cubed boneless skinless chicken breast                         |                                     |
| 1 head roughly chopped cauliflower or packaged riced cauliflower |                                     |
| 2 Tablespoon minced garlic                                       |                                     |



<https://grumpyshoneybunch.com/cauliflower-fried-rice-recipe/>

## Directions

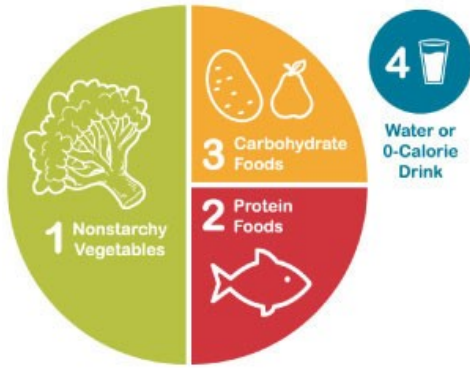
1. Heat 2 Tablespoon of olive oil in a large skillet over medium heat to high heat.
2. Add bell pepper, onion, and carrots and cook for 5 minutes, stirring occasionally.
3. Add cabbage and zucchini to the skillet and cook for about 5 minutes, stirring occasionally.
4. Add 1/2 Tablespoon of olive oil to a second skillet on medium-high heat, and cook the chicken until no longer pink. Add the cooked chicken to vegetable mixture.
5. Put cauliflower in food processor and pulse until it resembles rice. (Skip this step if using riced cauliflower.)
6. Heat 1/2 Tablespoon of olive oil in a skillet over medium-high heat.
7. Add garlic and cook for about 15 seconds; add cauliflower.
8. Cook until semi-translucent, stirring occasionally.
9. Transfer the cauliflower to the vegetable and chicken mixture. Mix to combine.
10. Combine soy sauce, ginger, 1 Tablespoon olive oil, green onions, salt, pepper, and crushed red pepper. Add to the mixture cauliflower, chicken and vegetable mixture. Cook while stirring until heated and mixed well.

## Important disclaimer information on the back of this sheet. Please Read.

**Nutritional Analysis:** 180 calories, 10 g fat, 1.5 saturated fat, 15 mg cholesterol, 270 mg sodium, 16 g carbohydrate, 5 g fiber, 7 g sugars, 0 g added sugars, 8 g protein.

Recipe adapted from University of Kentucky Cooperative Extension: chicken-fried-cauliflower-rice-web-card.pdf

This institution, WSU, is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.



The amount of carbohydrates (carbs) that someone may be recommended to eat in a day depends on multiple factors - age, body size, activity level, and medicines taken. To determine how many carbs you should be eating, please follow-up with your doctor, registered dietitian, or certified diabetes care and education specialist. The American Diabetes Association created *Diabetes Plate Method* is an easy tool to assist with creating a balanced meal to manage blood sugar.

Learn more at [diabetes.org](https://diabetes.org) | 1-800-DIABETES (800-342-2383)  
[Eating Well | ADA \(diabetes.org\)](https://diabetes.org)