



Northeast Georgia Medical Center  
BARIATRIC WEIGHT LOSS CENTER

## Skillet Cheesy Chicken and Veggie “Rice”

Serves: 3 Serving Size: 1 cup

### Ingredients:

- ☐ 1 large, skinless chicken breast, cubed small
- ☐ 1/2 tsp kosher salt
- ☐ black pepper, to taste
- ☐ 1/4 tsp garlic powder
- ☐ 1 tsp olive oil
- ☐ 2 cloves garlic, crushed
- ☐ 1/4 cup onion, chopped
- ☐ 12 ounces riced cauliflower and broccoli
- ☐ 1/3 cup reduced fat sharp cheddar, shredded



### Steps:

1. Season chicken with ¼ teaspoon kosher salt, garlic powder and black pepper.
2. Heat a large nonstick skillet over high heat. When hot add ½ teaspoon oil.
3. Add chicken, cook for 2 to 3 minutes, until no longer pink in the center and browned on the edges. Set aside.
4. Add the remaining ½ teaspoon of oil, onions and garlic and cook over medium heat about 2 minutes, until soft. Add the riced vegetables (frozen), ¼ teaspoon salt and pepper and cook 5 to 6 minutes, until heated through.
5. Return the chicken to the skillet, top with the cheese and cover.

### Nutrition Facts (per serving):

Calories: 175, Protein: 23g, Fat: 6g, Saturated Fat: 2g, Carbohydrates: 7g, Sugars: 2g, Sodium: 323mg