

One Pan Mexican Cauliflower Rice Skillet

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-cauliflower-rice-skillet-recipe>

Ingredients:

- 1 chicken breast
- 1 tablespoon olive oil + 1 tsp
- 1 packet low sodium taco seasoning
- 1/2 cup yellow onions chopped
- 1 garlic clove chopped
- 1 can sweet corn Libby's Whole Kernel
- 1 can low sodium black beans
- 1 Roma tomato
- 1 1/2 cups cauliflower rice
- 1/4 cup water
- 1/2 cup mexican blend cheese
- 2 lime juice Tbsp, and jalapeno, optional

Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 7 grams
3. Cholesterol: 55 milligrams
4. Fat: 10 grams
5. Fiber: 1 grams
6. Protein: 17 grams
7. SaturatedFat: 4 grams
8. Sodium: 270 milligrams
9. Sugar: 3 grams

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