

Lemon Parmesan Chicken & Cauliflower Rice Skillet

Ingredients

- 1 pound boneless, skinless chicken breast, diced
- 1 small onion, diced
- 1 bag (10 oz) frozen riced cauliflower
- 2 teaspoons minced garlic
- ½ cup low sodium broth
- 3 tablespoons parmesan cheese
- 1 tablespoon lemon juice
- 1 tablespoon oregano
- 1 tablespoon no sodium garlic and herb seasoning



Directions

1. Spray medium skillet with generous amount of non-stick cooking spray. Add diced chicken, season with salt and pepper. Cook until internal temperature reads 165 degrees.
2. Remove chicken from skillet, spray again with non-stick cooking spray. Add onion and cook until translucent. Add cauliflower, garlic, and broth. Bring to a boil.
3. Add cheese, lemon juice, and oregano, stir.
4. Serve and enjoy!