



Cauliflower Arroz con Pollo

4 Servings • 1 Serving = 1 Chicken Thigh and ½ Cup Cauliflower Rice

INGREDIENTS

- 4 chicken thighs with bone
- ½ teaspoon kosher salt, divided
- ¼ teaspoon garlic powder
- ¼ teaspoon oregano
- Freshly ground black pepper, to taste
- 1 Tablespoon olive oil, divided
- 1/3 cup onion, chopped
- 1/3 cup red bell pepper, chopped
- 2 cloves garlic, minced
- 2 Tablespoons cilantro, chopped
- ½ cup water
- 1 Tablespoon tomato paste
- ½ teaspoon sazón seasoning
- 12 ounces cauliflower rice
- 2 Tablespoons pitted green olives
- 1 Tablespoon brine (olive liquid)

DIRECTIONS

1. Season chicken with ¼ teaspoon salt, garlic powder, oregano, and black pepper.
2. Heat a medium skillet over medium-high heat, add ½ teaspoon of oil and sauté with chicken until browned on all sides, about 5 minutes. Remove chicken and set aside. Wipe the skillet.
3. Heat remaining oil in skillet, then add onions, peppers, garlic, and cilantro. Sauté, stirring about 2 minutes. Add water, tomato paste, sazón, remaining salt, and return the chicken to the skillet. Cover and cook on medium-low heat 30 minutes, turning halfway, until the chicken is tender and cooked through. Remove chicken to a plate.
4. Add the cauliflower rice, increase heat to medium-high and stir well. Return the chicken to the skillet, add the olives with a little of the brine from the olive jar, cover, and simmer until heated through, about 6 minutes.

Nutrition Facts

4 servings per container
Serving size 1 chicken thigh,
1/2 cup
cauliflower rice

Amount per serving
Calories **140**

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 40mg 13%

Sodium 560mg 24%

Total Carbohydrate 8g 3%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 0mcg 0%

Calcium 63mg 4%

Iron 1mg 6%

Potassium 359mg 8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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