Baked chicken on cauliflower rice

By Melissa Sevigny from ibreatheimhungry.com

This baked chicken on cauliflower rice dish is a perfect meal for paleo diets. It’s dairy free, egg free, nut free, grain free, gluten free, and 100% delicious. This easy to make dish combines simple ingredients for an unforgettable and healthy dish that will have your friends coming back for more. This dish is customizable so season the rice and baked chicken as you like!

http://www.ibreatheimhungry.com/2015/05/low-carb-baked-chicken-and-cauliflower-rice.html

INGREDIENTS

For the cauliflower rice:

14 cups finely chopped raw cauliflower

1/2 cup chopped parsley

1 cup pitted green olives (I used Castelanata), quartered

4 Tbsp lemon zest

4 Tbsp lemon juice

2 cup chicken stock

1 tsp garlic powder

4 Tbsp olive oil

For the baked chicken:

4 lbs chicken pieces (drumsticks, thighs, or breasts)

2 tsp garlic powder

2 tsp onion powder

INSTRUCTIONS

1. Combine all the cauliflower rice ingredients together in a large bowl and mix thoroughly. Spread out in a 13 x 9 baking dish.

2. Combine all the chicken seasonings in a small bowl. Rub all over the chicken pieces. Place the chicken pieces on top of the cauliflower rice. Sprinkle any remaining seasoning over the top.

4. Bake at 375 degrees for 45 minutes, or until the chicken is cooked through and the skin is crisp. Serve hot.

5. Alternatively, you could put all of this in a crockpot and cook it on low for 6 hours.

