



Teriyaki Chicken Cauli' Rice Bowl



Entire recipe: 289 calories, 4.5g total fat (1g sat fat), 775mg sodium, 31.5g carbs, 7g fiber, 13g sugars, 32g protein

SmartPoints® value 4*

Prep: 10 minutes **Cook:** 15 minutes



Ingredients

2 cups roughly chopped cauliflower (or HG Alternative)
1/2 cup shredded carrots, chopped
1 tsp. chopped garlic
Dash black pepper
1/2 tsp. plus 1/8 tsp. onion powder
3 tbsp. chopped scallions
4 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1/8 tsp. garlic powder
1/4 cup canned sliced water chestnuts, drained and chopped
1 1/2 tbsp. thick teriyaki marinade or sauce
1/2 tsp. sesame seeds

Directions

Pulse cauliflower in a blender until reduced to rice-sized pieces.

Bring a large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower, chopped carrots, chopped garlic, pepper, and 1/2 tsp. onion powder. Cook and stir until softened, about 6 minutes.

Remove skillet from heat, and stir in 2 tbsp. scallions. Transfer to a medium bowl, and cover to keep warm.

Clean skillet, if needed. Re-spray, and return to medium-high heat. Add chicken pieces, and sprinkle with garlic powder and remaining 1/8 tsp. onion powder. Cook and stir for about 5 minutes, until chicken is fully cooked.

Reduce heat to medium low. Add chopped water chestnuts, teriyaki sauce, and 2 tsp. water. Cook and stir until hot and well mixed, about 1 minute.

Serve chicken mixture over cauliflower rice. Top with remaining 1 tbsp. scallions, and sprinkle with sesame seeds.

MAKES 1 SERVING

HG Alternative: Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 1/2 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

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Yakisoba & Vegetable Stir Fry Noodles



Yakisoba noodles are a popular Japanese street food, tossed with a sweet and tart (sometimes spicy) sauce. Add in leftover bits of roasted chicken, tempeh, minced steak, cooked bacon or shrimp for more flavor and added protein.

Makes:

4 - 6 servings

Utensil:

Saladmaster Food Processor

7 Qt./6.6 L Wok with Cover

medium mixing bowl

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Vegetable Stir Fry Noodles 5/5

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Contributed By:

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14

ounces

Yakisoba noodles

(397

g)

1

teaspoon

toasted sesame oil

(5

ml)

1

cup

onions, strung, use Cone #2

(115
 g)
 1
 tablespoon
 ginger, shredded, use Cone #1
 (6
 g)
 4
 cups
 cabbage, sliced, use Cone #4
 (280
 g)
 16
 ounces
 Chinese-style stir fry blend frozen vegetables
 (454
 g)
 2
 cloves garlic, shredded, use Cone #1
 2
 tablespoons
 ketchup
 (34
 g)
 2
 tablespoons
 naturally fermented soy sauce
 (30
 ml)
 2
 tablespoons
 water
 (30
 ml)
 ¹/₃
 cup
 Worcestershire sauce
 (80
 ml)
 1
 pinch
 crushed red pepper, or a few dashes of hot sauce (optional)

1. Follow package directions on noodles to heat and separate them.
2. Place noodles in a bowl and toss with sesame oil.
3. Preheat wok over medium heat. When several drops of water sprinkled in wok skitter and dissipate, add onions and ginger. Stir fry for 2 - 3 minutes until softened.
4. Add cabbage, toss to combine and continue to stir fry for 3 -

4 minutes until softened.

5. Add frozen vegetables, toss to combine and stir fry for 2 - 3 minutes.
6. Add prepared yakisoba noodles, toss to combine and stir fry for 2 - 3 minutes.
7. In a small bowl, combine garlic, ketchup, soy sauce, water Worcestershire sauce and crushed red pepper. Stir thoroughly to combine and pour over noodles and vegetables. Cover.
8. When Vapo-Valve? begins to click steadily, reduce heat to low and cook for 3 - 4 minutes until vegetables are cooked.
9. Serve as is or garnish with chopped scallions and pickled red ginger.

- Add in additional vegetables: carrots, edamame or other leftover vegetables.
- Yakisoba noodles often come with sauce packages which can be full of msg, high in sugar and salt content and artificial preservatives. Skip the packaged sauce mix and create your own sauce with pantry staples.

Nutritional Information per Serving

Calories:

227

Total Fat:

3g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

899mg

Total Carbs:

46g

Dietary Fiber:

5g

Sugar:

8g

Protein:

7g