Chicken Cauliflower Enchilada Skillet

Prep: 5 minutes | Cook: 25 minutes | Total: 30 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

2 teaspoons oil

1 pound ground chicken

1 can (10-ounce) diced tomatoes and green chilies, undrained

1 can (8-ounce) no-salt-added tomato sauce

1 can (10-ounce) red enchilada sauce

2 (10- or 12-ounce) bags frozen cauliflower rice

½ cup shredded cheddar and Monterey jack blend cheese

Directions

1. Heat a large skillet over medium heat.
2. Add the oil and heat until shimmering.
3. Add the ground chicken and cook until no longer pink.
4. Add the diced tomatoes and their juice, tomato sauce, enchilada sauce, and cauliflower rice.
5. Bring to a simmer and cook until the cauliflower is tender.
6. Reduce the heat to low and stir in the cheese until melted and well mixed.
7. Serve warm.

Recipe Notes

- If you make your own cauliflower rice, 10-12 ounces cauliflower rice is equivalent to about 2½-3 cups.
- Ground chicken not available? Try substituting ground turkey.

Nutrition Facts Per Serving: Calories: 270 | Total Fat: 14 g | Saturated Fat: 5 g
Sodium: 530 mg | Total Carbohydrate: 6.5 g | Dietary Fiber: 2 g | Protein: 28 g

Inspired by a recipe submitted by Kimberly George, MS, RD, CDN, Syracuse VAMC
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