

Chicken Fajita Bowl

Oscar · 28/09/2024

**Prep Time**

35 mins

Difficult

Medium

Servings

2

Description

Lowcarb chicken fajita bowl with cauliflower rice

Ingredients

- - cooking spray - 1 pound skinless
- boneless chicken breast halves
- diced - salt and ground black pepper to taste - ? large sweet onion
- sliced - ? green bell pepper
- sliced - ? red bell pepper
- sliced - ? yellow bell pepper
- sliced - 1 (10 ounce) can diced tomatoes and green chiles (such as RO*TEL) - 1 (10 ounce) package frozen cauliflower rice - 1 cup shredded mild Cheddar cheese - ½ avocado
- diced - 2 tablespoons salsa - 2 tablespoons sour cream

Instructions

1. Spray a skillet with cooking spray and heat over medium heat. Add chicken
2. season with salt and pepper
3. and cook
4. stirring occasionally
5. until no longer pink
6. about 7 minutes. Transfer to a plate. Add onion and bell pepper slices to the skillet. Increase the heat to medium-high and sauté until slightly browned
7. about 5 minutes. Mix in diced tomatoes and cooked chicken. Cook until liquid is mostly evaporated
8. 2 to 3 minutes. Meanwhile
9. microwave cauliflower rice following the package instructions for 5 minutes. Let stand for 1 minute. Carefully open the package of cauliflower rice and divide between two bowls. Divide chicken and vegetable mixture evenly between the bowls. Top with Cheddar cheese
10. avocado
11. salsa
12. and sour cream.