

JUSTIN & CHRISTINA'S



RV VANLIFE

## GREEK CAULIFLOWER RICE BOWLS WITH GRILLED CHICKEN

These healthy Mediterranean cauliflower rice bowls topped with feta, olives, veggies and grilled chicken are impressive yet take just 30 minutes to make.

**MAKES 4 SERVING/ TOTAL TIME 30 MINUTE**



### INGREDIENTS

6 tablespoons plus 1 teaspoon extra-virgin olive oil, divided

4 cups cauliflower rice (see Tip)

½ cup chopped red onion

¾ teaspoon salt, divided

½ cup chopped fresh dill, divided

1-pound boneless, skinless chicken breasts

½ teaspoon ground pepper, divided

3 tablespoons lemon juice

1 teaspoon dried oregano

1 cup halved cherry tomatoes

1 cup chopped cucumber

2 tablespoons Kalamata olives

2 tablespoons crumbled feta cheese

### METHOD

Preheat grill to medium. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add cauliflower, onion and 1/4 teaspoon salt. Cook, stirring occasionally, until the cauliflower is softened, about 5 minutes. Remove from heat and stir in 1/4 cup dill.

Meanwhile, rub 1 teaspoon oil all over chicken. Sprinkle with 1/4 teaspoon salt and 1/4 teaspoon pepper. Grill, turning once, until an instant-read thermometer inserted into the thickest part of the breast reads 165 degrees F, about 15 minutes total. Slice crosswise.

Meanwhile, whisk the remaining 4 tablespoons oil, lemon juice, oregano and the remaining 1/4 teaspoon each salt and pepper in a small bowl.

Divide the cauliflower rice between 4 bowls. Top with the chicken, tomatoes, cucumber, olives and feta. Sprinkle with remaining 1/4 cup dill. Drizzle with the vinaigrette. Serve with lemon wedges, if desired.

### NUTRITION VALUE

411 Kcal, 27.5g fat, 4.5g saturated fat,  
3.1g fiber, 29g protein, 9.5g carbs