



Prep	Cook	Ready in	Servings
10 min	20 min	30 min	4

Balsamic Basil Chicken Cauliflower Rice Bowl

Everything you need for this Balsamic Basil Chicken Cauliflower Rice Bowl cooks together on one sheet pan for easy clean up!

Ingredients

4 breast	Chicken breast, boneless, skinless (diced; boneless, skinless))	1/4 cup	Balsamic vinegar
3 cup	Broccoli florets	1 dash	Salt and pepper (to taste)
1 medium	Red onion (sliced)	3 tbsp	Olive Oil, Extra Virgin
2 cup	Cauliflower (riced)	1 tbsp	Garlic (minced)
		2 tbsp	Basil, fresh (fresh; chopped)

Instructions

1. Preheat oven to 400F/204C.
2. Spread diced chicken in a single layer on one side of your baking sheet.
3. Add broccoli florets to baking sheet in a single layer beside your chicken. Cut any large florets in half or thirds to ensure they cook evenly.
4. Spread sliced red onion in a single layer on baking sheet beside the broccoli.
5. Add cauliflower rice to baking sheet beside the onion. If you're ricing your own cauliflower just add florets to a high powered blender and blend until cauliflower has a rice-like consistency.
6. Drizzle balsamic vinegar over the chicken and broccoli.
7. Add minced garlic to your chicken.
8. Add salt, pepper, and olive oil to everything on the baking sheet.
9. Bake for 15 minutes.
10. Remove from the oven. Stir. Place back in the oven and bake for 5 additional minutes or until chicken is cooked to an internal temperature of 165F/74C.
11. Layer your cauliflower rice, red onions, broccoli, and chicken in bowls. Add a drizzle of balsamic vinegar if desired or more salt and pepper to taste. Top with basil and serve.

Nutrition Facts	
Per Portion	
Calories	403
Calories from fat	149
Calories from saturated fat	26.7
Total Fat	16.5 g
Saturated Fat	3.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	2.0 g
Monounsaturated Fat	8.7 g
Cholesterol	170 mg
Sodium	214 mg
Potassium	1070 mg
Total Carbohydrate	10.8 g
Dietary Fiber	3.0 g
Sugars	5.1 g
Protein	54 g

Dietary servings

Per Portion

Meat	2.6
Vegetables	2.0

Energy sources

Carbohydrates	9%
Fat	37%
Protein	54%