Zesty Cauliflower Rice with Herb Grilled Chicken

A light, low-carb meal featuring flavorful herb-marinated grilled chicken paired with fluffy, savory cauliflower rice—perfect for a healthy, protein-packed dinner.

Servings: 2 **Time:** 35 minutes

Ingredients

- 2 boneless skinless chicken breasts (6 oz each)
- 1 small head of cauliflower (about 4 cups riced)
- 1 tablespoon olive oil
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika
- 1 teaspoon dried oregano
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup chopped fresh parsley
- 1/2 lemon (zested and juiced)
- 2 cloves garlic, minced
- 1/4 cup diced red bell pepper
- 1/4 cup chopped green onions
- 1 tablespoon butter
- Optional: pinch of red pepper flakes

Instructions

1. Preheat grill or grill pan to medium-high heat.
2. In a small bowl, mix olive oil, garlic powder, smoked paprika, dried oregano, salt, pepper, lemon zest, and minced garlic to make a marinade.
3. Coat chicken breasts with marinade and let sit for 10 minutes while prepping cauliflower rice.
4. Using a food processor or box grater, rice the cauliflower into rice-sized pieces.
5. Heat a large skillet over medium heat and melt butter.
6. Add diced red bell pepper and green onions; sauté for 2-3 minutes until softened.
7. Add riced cauliflower, salt to taste, and sauté for 5-7 minutes until tender but not mushy. Stir occasionally.
8. Remove chicken from marinade and grill for about 6-7 minutes per side or until internal temperature reaches 165°F.
9. Squeeze lemon juice over cooked cauliflower rice and stir in chopped parsley and optional red pepper flakes.

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10. Slice grilled chicken breasts and serve atop cauliflower rice.

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