

## **Sesame Chicken with Cauliflower Fried Rice**

Servings: 2

Adapted from <http://www.laaloosh.com/2013/10/14/cauliflower-fried-rice/>

### **Ingredients**

1/2 tsp olive oil  
1/2 onion, diced  
1 tsp minced garlic  
1/2 head cauliflower, grated  
1 cup frozen mixed vegetables, thawed  
1/4 cup reduced sodium soy sauce, divided  
2 boneless skinless chicken breasts, cut into bite size pieces  
1 Tbsp sesame seeds

### **Preparation**

- 1) Heat oil in a large skillet over medium high heat. Add onions and garlic; sauté until onion soften, about 3 minutes. Stir in mixed vegetables, cauliflower and 2 Tbsp soy sauce; cook while stirring frequently for about 8 minutes.
- 2) Heat a separate skillet over medium high heat. Spray with cooking spray and add chicken; cook until no longer pink. Stir in soy sauce and sesame seeds; cook for 1-2 minutes then reduce heat to low. Let sit until sauce thickens.
- 3) Divide cauliflower rice among two plates. Serve chicken on the side or on top of the cauliflower.