



Chicken Fajita Bowl Recipe:

Ingredients:

- Organic, grilled chicken tenderloins
- Low Sodium Fajita seasoning
- Cauliflower Rice (I get the frozen kind)
- Red, green bell pepper (I use one of each for a serving size for 4 people)- chopped in strips
- Yellow onion- chopped in strips
- Fresh cilantro
- Fresh minced garlic
- Pineapple (cut into small pieces)

Directions:

- Season the chicken with fajita seasoning. Add extra virgin olive oil to a pan and heat on medium-high heat. Add the chicken to the pan/skillet or grill until thoroughly cooked (On my indoor grill, it took approximately 4 min on each side)
- In another pan, add extra virgin olive oil, and heat on medium heat. Add fresh garlic, peppers and onions to the pan. I also added a little fajita seasoning to the veggies.
- While the veggies and chicken are cooking, microwave the riced cauliflower. You can substitute spinach leaves, kale or spring salad mix if you don't like riced cauliflower.
- When the chicken is fully cooked (internal temp of 165 degrees) remove from the pan- let cool slightly and then dice up the chicken into small pieces.
- Add the riced cauliflower or salad greens to a bowl, then add the chicken and veggies. Top with fresh pineapple and fresh cilantro! Enjoy!