RECIPE

Chicken & Asparagus Risotto-ish

10 minutes / 1 serving

ALL THE COZY COMFORT OF RISOTTO, minus the endless stirring: Cauliflower and brown rice come together with asparagus, peas, Parmesan, and lemon in just 10 minutes. Top it with rotisserie chicken for a warm, protein-packed bowl perfect for a chilly night.

INGREDIENTS

- **1 tsp extra-virgin olive oil**
- **1 cup chopped asparagus**
- **½ cup green peas**
- **salt and pepper to taste**
- **1 cup cauliflower rice**
- **¼ cup cooked brown rice**
- **2 tbsp plain Greek yogurt**
- **1 tbsp grated Parmesan**
- **½ tsp lemon zest**
- **4 oz skinless rotisserie chicken breast, sliced**





INSTRUCTIONS

1. **HEAT** oil in a medium skillet over medium heat. Add asparagus and peas, season with salt and pepper, and cook until crisp-tender, about 3 minutes.
2. **ADD** cauliflower rice and brown rice and cook until heated through, about 2 minutes.
3. **REMOVE** from heat and stir in yogurt, Parmesan, and lemon zest.
4. **SEASON** and top with chicken.

NUTRITIONAL INFO PER SERVING

CALORIES
501

PROTEIN
48 g

FIBER
13 g

CALCIUM
190 mg