

Baja Chicken

Ingredients:

2 lbs Boneless Skinless Chicken breasts

1 head of Cauliflower, riced

1 Onion, diced

1 Red bell pepper, diced

1 Yellow bell pepper, diced

½ lb Asparagus, stalk ends removed, remainder of stalk cut into ¼ inch sections

2-3 Scallions, thinly sliced

½ cup Cilantro leaves picked off the stems

Adobo seasoning – I use Organic Adobo seasoning from World Market.

Instructions:

1. Place boneless skinless chicken breasts in a crockpot, sprinkle 1 Tbsp of Adobo seasoning on and around chicken, cover with water. Cook until chicken is done (reaching 165F). Remove chicken from crockpot and shred/pull apart easily with 2 forks in a bowl. Reserve liquid (adobo chicken broth) in crockpot to use to cook the cauliflower.
2. Heat a 1 teaspoon of olive oil in a large pan over medium heat. Add riced cauliflower.
3. Add ½ cup of the liquid adobo chicken broth from the crockpot to the pan with the cauliflower. (Cauliflower absorbs the flavor of what it is cooked in, so this will help add a lot of flavor). Stir.
4. Add the diced onion, bell peppers and asparagus to the large pan. Stir together.
5. Cook for 5-7 minutes, stirring regularly. Add pulled chicken to the pan and stir together. Taste to see if you need to sprinkle with more Adobo seasoning for a stronger flavor. Lower heat to low.
6. Add the scallions to the pan, stir and cook for 1-2 minutes.
7. Serve and garnish generously with cilantro. Enjoy!