# BBQ Chicken & Cauli' Rice Casserole

1/6th of casserole: 226 calories, 6.5g total fat (3g sat fat), 647mg sodium, 18.5g carbs, 2.5g fiber, 11g sugars, 24g protein

**SmartPoints®** value 5*

**Prep:** 15 minutes **Cook:** 45 minutes

## Ingredients

5 cups roughly chopped cauliflower (or HG Alternative)
1 lb. raw boneless skinless chicken breast
1/4 tsp. each salt and black pepper
1 cup chopped red onion
1/2 cup chopped fresh cilantro
1/4 tsp. garlic powder
1 cup shredded reduced-fat cheddar cheese
3/4 cup BBQ sauce with 45 calories or less per 2-tbsp. serving

## Directions

Preheat oven to 375 degrees. Spray a 9" X 13" baking pan with nonstick spray.

Pulse cauliflower in a blender until reduced to rice-sized pieces, working in batches as needed.

Pound chicken to 1/2-inch thickness. Season with salt and pepper. Bring an extra-large skillet sprayed with nonstick spray to medium heat. Cook for about 4 minutes per side, until cooked through. Transfer to a cutting board.

Remove skillet from heat; clean, if needed. Re-spray, and return to medium heat. Add cauliflower and onion. Cook and stir until mostly softened, 8 - 10 minutes. Transfer to a large bowl.

Chop chicken, and add to the large bowl. Add cilantro, garlic powder, 1/2 cup cheddar, and 1/4 cup BBQ sauce. Mix thoroughly.

Transfer mixture to the baking pan, and smooth out the top. Top with remaining 1/2 cup BBQ sauce and 1/2 cup cheddar.

Bake until entire dish is hot and cheddar topping has melted, 20 - 25 minutes.

MAKES 6 SERVINGS

**HG Alternative:** Instead of blending 5 cups of roughly chopped cauliflower into rice-sized pieces, use 3 3/4 cups premade cauliflower rice or crumbles, like the kinds by Trader Joe's and Green Giant.

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