



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

[Click for WW Points® value*](#)

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

More: [Lunch & Dinner Recipes](#), [Four or More Servings](#)



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.

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free samples of food, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies. *The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

Publish Date: February 23, 2017

Author: Hungry Girl

Copyright © 2023 Hungry Girl. All Rights Reserved.