



Cheesy Broccoli Cauli' Rice



1/4th of recipe (about 1 1/4 cups): 144 calories, 6g total fat (3g sat. fat), 416mg sodium, 17g carbs, 5g fiber, 6g sugars, 8g protein

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



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Ingredients

5 cups roughly chopped cauliflower or 4 cups [cauliflower rice](#)
1 tbsp. light whipped butter or light buttery spread
1 cup finely chopped onion
2 tsp. chopped garlic
3 cups roughly chopped broccoli
1/3 cup chicken broth
1/4 cup light/reduced-fat cream cheese
1/4 cup shredded reduced-fat cheddar cheese
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper

Directions

If starting with roughly chopped cauliflower, pulse in a blender until reduced to rice-sized pieces, working in batches as needed.

In an extra-large skillet, melt butter over medium-high heat. Add onion and garlic. Cook and stir until onion has slightly softened and garlic is fragrant, about 2 minutes.

Reduce heat to medium. Stir in cauliflower rice, broccoli, and broth. Cover and cook for 10 minutes, uncovering occasionally to stir, or until veggies have softened and broth has evaporated.

Reduce heat to medium low. Add all remaining ingredients, and cook and stir until cheeses have melted and mixture is uniform, about 2 minutes.

MAKES 4 SERVINGS

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