



Dreamy Risotto-Style Cauliflower Rice



1/4th of recipe (about 2/3 cup): 133 calories, 8.5g total fat (4g sat fat), 563mg sodium, 9.5g carbs, 3g fiber, 3.5g sugars, 6.5g protein

Freestyle™ [SmartPoints®](#) value 4*

Prep: 10 minutes **Cook:** 10 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Meatless Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

Ingredients

5 cups roughly chopped cauliflower (about 1 medium head) or 3 3/4 cups cauliflower rice
1/3 cup light/reduced-fat cream cheese
2 tbsp. plus 2 tsp. grated Parmesan cheese
2 tbsp. light whipped butter/light buttery spread
2 tsp. chopped garlic
1 tsp. onion powder
1/2 tsp. salt
1/4 tsp. black pepper
Optional topping: chopped scallions

Directions

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

In a medium bowl, combine cream cheese, 2 tbsp. Parm, butter, garlic, onion powder, salt, and pepper. Stir until mostly smooth and uniform.

Bring an extra-large skillet sprayed with nonstick spray to medium-high heat. Add cauliflower and 1/4 cup water. Cover and cook for 6 minutes.

Uncover skillet. Cook and stir until water has evaporated and cauliflower is tender, about 2 minutes. Reduce heat to medium low. Add cream cheese mixture, and cook and stir until cheese has melted and coated cauliflower, about 1 minute. Before serving, top with remaining 2 tsp. Parm.

MAKES 4 SERVINGS

[SmartPoints®](#) value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.