



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

Green Plan [SmartPoints](#)® value 5*

Blue Plan (Freestyle™) [SmartPoints](#)® value 4*

Purple Plan [SmartPoints](#)® value 4*

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



Tagged: [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.

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.