



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

Green Plan [SmartPoints](#)® value 3*

Blue Plan (Freestyle™) [SmartPoints](#)® value 3*

Purple Plan [SmartPoints](#)® value 3*

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



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

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

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.