



## Cuckoo for Cauliflower Rice Stuffing



1/6th of recipe (about 3/4 cup): 73 calories, 1g total fat (0.5g sat. fat), 308mg sodium, 14.5g carbs, 3g fiber, 8.5g sugars, 2.5g protein

[Click for WW Points® value\\*](#)

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



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

### Ingredients

5 cups roughly chopped cauliflower (about 1 medium head) or 3 3/4 cups [cauliflower rice](#)  
1 tbsp. light whipped butter or light buttery spread  
1 cup chopped onion  
1/2 cup chopped celery  
1 1/2 tsp. chopped garlic  
1/2 cup chicken broth  
3/4 tsp. poultry seasoning, or more to taste  
1/2 tsp. salt  
1/4 tsp. black pepper  
1 1/4 cups chopped brown mushrooms  
3/4 cup peeled and chopped Granny Smith apple (about 1 apple)  
1/4 cup sweetened dried cranberries, chopped

### Directions

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

Melt butter in an extra-large skillet over medium-high heat. Add onion, celery, and garlic. Cook and stir until veggies have slightly softened and garlic is fragrant, about 3 minutes.

Reduce heat to medium. Add cauliflower rice, broth, and seasonings. Mix well. Cover and cook for 6 minutes.

Add all remaining ingredients. Re-cover and cook for 3 minutes, or until apple is mostly softened.

Uncover skillet. Cook and stir until cauliflower rice is tender and liquid has evaporated, about 2 minutes.

### MAKES 6 SERVINGS

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.