



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

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



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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

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