



## 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

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



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### 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

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