



Easy Cheesy Cauliflower Rice



1/4th of recipe (about 3/4 cup): 127 calories, 6g total fat (3.5g sat. fat), 443mg sodium, 12.5g carbs, 3.5g fiber, 5.5g sugars, 7g protein

Prep: 10 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 finely chopped onion
2 tsp. chopped garlic
1/4 cup chicken broth
3 tbsp. half & half
3 tbsp. grated Parmesan cheese
2 tbsp. light/reduced-fat cream cheese
1/2 tsp. onion powder
1/4 tsp. salt
1/8 tsp. black pepper

Directions

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

In an extra-large skillet, melt butter over medium-high heat. Add onion and garlic. Cook and stir until garlic is fragrant and onion has slightly softened, about 2 minutes.

Reduce heat to medium. Stir in cauliflower and broth. Cover and cook for 10 minutes, stirring occasionally.

Reduce heat to medium-low. Add all remaining ingredients, and cook and stir until cheese has melted and mixture is uniform, about 2 minutes.

MAKES 4 SERVINGS

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