



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

Green Plan [SmartPoints](#)® value 3*

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

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

Prep: 10 minutes **Cook:** 15 minutes



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

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

[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.