



Riced Cauliflower Primavera



1/2 of recipe (about 1 1/2 cups): 204 calories, 11g total fat (3g sat. fat), 560mg sodium, 17.5g carbs, 5.5g fiber, 8.5g sugars, 12g protein

[Click for WW Points® value*](#)

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



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

Ingredients

One 10-oz. bag [Green Giant Riced Veggies Cauliflower](#)
3/4 cup chopped broccoli
3/4 cup sliced mushrooms
3/4 cup thinly sliced onion
3/4 cup cherry tomatoes, halved
1 tbsp. olive oil
2 tsp. chopped garlic
1/2 tsp. onion powder
1/4 tsp. salt
1/4 tsp. black pepper
3 tbsp. grated Parmesan cheese, divided
2 tbsp. chopped fresh basil

Directions

Microwave the bag of Riced Veggies Cauliflower for 6 minutes, or until cauliflower has cooked. Thoroughly drain, and transfer to a large bowl.

Meanwhile, bring a skillet sprayed with nonstick spray to medium heat. Add broccoli, mushrooms, onion, and 3 tbsp. water. Cover and cook for 4 minutes, or until veggies are tender and water has evaporated. Add tomatoes, oil, garlic, seasonings, and 2 tbsp. Parm. Mix well.

Add skillet contents to the bowl of cauliflower. Mix thoroughly.

Serve topped with basil and remaining 1 tbsp. Parm.

MAKES 2 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, 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. For those on the Diabetic Plan, values may vary.

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.