



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

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



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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

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