

Cauliflower Mashed Potatoes

Nutritional Info

Servings Per Recipe: 4

Amount Per Serving = 3/4 cup:

Calories: 96.4

Total Fat: 3.5 g

Cholesterol: 7.8 mg

Sodium: 396.3 mg

Total Carbs: 14.8 g

Dietary Fiber: 7.1 g

Protein: 5.6 g

Ingredients

- 2.5 - 3 lbs (medium) cauliflower head
- 2 large garlic cloves
- 1 tbsp butter (I used salted) or olive oil
- 1/2 tsp salt
- Ground black pepper, to taste

Directions

1. Separate cauliflower into florets and cut in smaller chunks. In a medium pot, combine cauliflower, garlic and enough cold water to cover the vegetables. Cover with a lid and bring to a boil. Reduce heat to low and cook for about 10 minutes or until cauliflower is fork tender. Drain.
2. Add butter or olive oil, salt and ground black pepper to taste. Using immersion blender (food processor), process until very smooth or desired consistency. Adjust salt and pepper to taste, if necessary. Serve hot just like you would serve mashed potatoes.

Storage Instructions: Refrigerate in a glass airtight container for up to 3-4 days.