



Garlic Mashed Cauliflower

Ingredients

- 1 head of cauliflower
- 1 tbsp light butter
- 1 tbsp light sour cream
- 2 cloves garlic
- 2 tsp salt, to taste
- 2 tsp pepper, to taste
- 1 tbsp grated parmesan cheese
- 1 tbsp parsley

Directions

1. Clean cauliflower and cut the center bottom to remove the stem and leaf parts.
2. Dice cauliflower into chunks and put into a large pot. Fill pot with enough water to cover the cauliflower.
3. Top with salt and pepper.
4. Cover pot with lid and boil cauliflower for 25 minutes, or until tender.
5. Drain in a colander.
6. Add cauliflower, light butter, light sour cream, garlic, salt and pepper to a food processor (or blender).
7. Mix until all ingredients are combined and cauliflower is a creamy texture.
8. Top with parmesan cheese and garnish with parsley.

Healthy Tip: Try as an alternative to mashed potatoes!

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| Calories 62 | Cholesterol 3 mg | Dietary Fiber 4 g |
| Total Fat 2 g | Sodium 685 mg | Sugar 3 g |
| Saturated Fat 1 g | Total Carbohydrate 8 g | Protein 4 g |