



Mashed Cauliflower

Servings 4 | Prep time 10 mins. | Total time: 30 mins. if boiling cauliflower; 50 mins. if steaming cauliflower

Equipment:

Large pot
Colander or strainer
Measuring spoon
Small skillet
Large bowl

Utensils:

Spatula
Potato masher or fork

Ingredients

1 head cauliflower, cut into bite-size pieces OR
2 12 ounce bags frozen cauliflower
1 tablespoon olive oil OR vegetable oil
3 cloves garlic, minced OR 1 tablespoon garlic powder
1/4 cup grated Parmesan cheese
2 tablespoons reduced fat cream cheese
1/2 teaspoon salt (optional)
1/8 teaspoon black pepper
Optional Toppings: chopped parsley or fresh herbs or sprinkle of paprika

Nutritional Information:

Calories 120
Total Fat 7g
Sodium 500mg
Total Carbs 12g
Protein 6g

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Fill a large pot half full with water and bring to a boil. Boil or steam cauliflower until fork tender.
If boiling: add fresh or frozen cauliflower directly to boiling water. Boiling fresh cauliflower will take about 13 minutes to become tender when easily pierced with a fork. Follow directions on package if using frozen cauliflower. **If steaming:** Insert steamer tray into pot above the water line and add fresh or frozen cauliflower to the steamer tray. Steaming fresh cauliflower will take about 30 minutes to become tender and easily pierced with a fork. Follow directions on package if using frozen cauliflower.
3. While cauliflower is cooking, heat oil in a small frying pan over low heat. Add garlic and stir until softened, around 2 minutes. Remove pan from heat.
4. Drain cauliflower using a colander and let rest for several minutes, gently shaking off as much water as possible.
5. In a large bowl, add cauliflower, garlic, Parmesan cheese, cream cheese, salt, and black pepper. Mash with a potato masher or fork until you reach the desired consistency. Sprinkle with optional toppings.