



Mashed Cauliflower

Servings 4 | Prep time 10 mins. | Total time 30-50 mins.

Depending on whether you boil or steam the 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 florets OR
two 12 ounce bags frozen cauliflower
1 tablespoon olive or vegetable oil
1 clove garlic, minced
1/4 cup Parmesan cheese, grated
2 tablespoons reduced fat cream cheese
1/2 teaspoon salt (optional)
1/8 teaspoon black pepper

Optional Toppings: chopped parsley or other
favorite fresh herb or a sprinkle of paprika

Tips

- Steaming fresh cauliflower will take longer but it prevents the cauliflower from absorbing too much liquid, which prevents the mashed cauliflower from becoming runny.
- Instead of mashing, you can combine cooked cauliflower, cooked garlic, and the remaining ingredients in a blender and blend until the desired consistency is reached.

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.
 - a. If **boiling**: add fresh or frozen cauliflower directly to boiling water. Boiling fresh cauliflower will take about 13 minutes to become fork-tender. Follow directions on package if using frozen cauliflower.
 - b. 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 fork-tender. Follow directions on package if using frozen cauliflower.
3. While cauliflower is cooking, heat oil in a small skillet 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 pepper and mash with a potato masher or fork until you reach the desired consistency. Sprinkle with optional toppings.