



Mashed Cauliflower

Makes 6 servings

Ingredients

1 head cauliflower, cut into florets
1 clove of garlic, chopped
1 shallot, chopped
1/8 teaspoon salt

1/8 teaspoon pepper
1/2 cup plain Greek yogurt
1 tablespoon Parmesan, shredded

Instructions

1. Preheat oven to 425 degrees.
2. Place the cauliflower, garlic and shallots on a sheet of tinfoil and season with salt and pepper. Wrap the ingredients in the tinfoil to create a tightly sealed pocket.
3. Place pockets on rack in preheated oven for 25 to 35 minutes or until cauliflower is tender.
4. Place cooked ingredients and Greek yogurt into food processor and blend until desired consistency. Be careful not to blend too long.
5. Garnish with shredded Parmesan cheese.

Nutrition Facts

Calories: 68; Fat: 1g; Saturated fat: 0g; Protein: 6g; Total carbohydrates: 10g; Dietary fiber: 3g; Sodium: 122mg; Cholesterol: 3mg

Source: <https://www.rush.edu/health-wellness/healthy-recipes/mashed-cauliflower>

