



Cauliflower (Mock Mashed Potatoes)

Makes 1qt

Ingredients

- 1 large head cauliflower
- 1 tablespoon butter, coconut oil or margarine
- 1 tablespoon heavy whipping cream
- 2 cloves garlic, chopped
- Salt and pepper to taste



Instructions

Prep time 25 minutes. In a large pot with tight-fitting lid, steam the cauliflower in 2 inches of water for 15 minutes. Gradually transfer cauliflower to food processor in small batches and puree. When all is pureed, add butter, heavy cream, garlic and salt & pepper. Continue processing until it reaches a smooth, creamy texture.

For extra flavor, add your favorite fresh herb.

Nutrition Facts

Serving Size: 4oz; Calories 59; Total Fat 3.0g; Saturated Fat 1.0g; Total Carbohydrates 8g; Protein 3.0g

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and
BlueChoice HealthPlan of South Carolina