

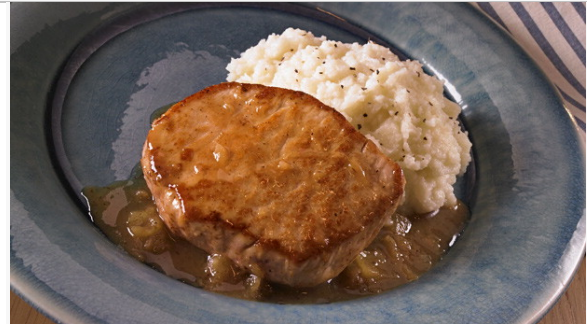
Cauliflower Mash

- Serves 6
- 41 Calories
- 71 mg Sodium
- \$0.69 Per Serving

Simple Cooking with Heart offers this creamy and delicious, this cauliflower mash tastes just like mashed potatoes. Your secret is safe with me!

Ingredients

- 1 medium head cauliflower, cut into florets (about 6-7 cups)
- 3 Tbsp. Parmesan cheese
- 1/4 cup plain, fat-free Greek yogurt
- 1/2 tsp. minced garlic
- pepper, to taste



Directions

1. Cut the cauliflower into small florets. In a large pot filled with about 2 inches water, cook cauliflower in steamer basket if possible for about 15 minutes or until very tender. Drain well.
2. In a blender, food processor or with immersion blender, puree the cauliflower with the yogurt, Parmesan cheese, and garlic until creamy (don't over mix). Pepper to taste.
3. Serve.

Nutrition Information: Per Serving (Makes 6 Servings)

40 calories
4 g protein
5 g carbohydrate
1 g fat
0.5 g saturated fat