



CREAMY MASHED CAULIFLOWER

Ingredients:

8 c bite-sized cauliflower florets (1 head)
4 cloves of garlic, crushed and peeled
1/3 c nonfat buttermilk
4 tsp extra-virgin olive oil
1 tsp butter
1/2 tsp salt
Freshly ground pepper to taste
Fresh chives for garnish

Nutritional Information:

- Servings: 4
- Servings size: 1
- Calories: 155 kcal
- Fat: 6 g
- Saturated fat: 1 g
- Unsaturated fat: 4 g
- Carbohydrates: 16 g
- Protein: 9 g
- Sodium: 117 g
- Cholesterol: 2.9 mg

Instructions:

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12-15 minutes. (Alternatively place florets and garlic in a microwave-safe bowl with 1/4 cup water, cover, and microwave on high for 3-5 minutes).
2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons of the oil, butter, salt and pepper; pulse several times, then process until smooth and creamy.
3. Transfer to a serving bowl. Drizzle with remaining 2 teaspoons of oil and garnish with chives, if desired. Serve hot.