



CAULIFLOWER MASHED FAUX-TATOES

By Dr. Cindy Tanzar
(Standard/Maintenance)

Mashed cauliflower is a great substitute for mashed potatoes. They have a similar look and feel, and the cauliflower taste is extremely mild. Don't be afraid to give this recipe a try if you haven't like cauliflower in the past. You may end up with a new favorite and a healthier alternative to high-glycemic potatoes.

Makes 3-4 servings, depending on the size of your cauliflower head. A serving equals one cup covering your vegetable and fat.



INGREDIENTS

1 medium-large head cauliflower
Pink Himalayan salt and ground pepper, to taste
4 Tbs. Kerry Gold butter
1 - 2 Tbs. heavy whipping cream
Chopped chives for garnish
1/4 - 1/2 tsp. garlic powder (optional for added flavor)
Fresh grated parmesan cheese (optional on maintenance plan)



INSTRUCTIONS

Break the cauliflower up into florets, cutting large florets in half to create consistency of the pieces. Steam until tender when pierced with a knife (approx. 20 minutes).

Place cauliflower and butter in a food processor, or use a hand mixer, and blend until smooth and creamy. Season with salt and pepper (and garlic powder, if desired) and add cream.

Sprinkle with chives and parmesan (if on maintenance plan).