

Cauliflower Mash

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

Ingredients

Servings: 6

- 1 medium **head cauliflower**, cut into florets (about 6-7 cups)
- 3 tablespoon Parmesan cheese
- 1/4 cup plain, fat-free Greek yogurt
- 1/2 teaspoon 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.

Quick Tips

Tip: Serve with Pork Chops

Nutrition Facts



Calories

41 Per Serving

Protein

4g Per Serving

Fiber

2g Per Serving

Cost Per Serving

\$0.69

Nutrition Facts	
Calories	41
Total Fat	1.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.2 g
Cholesterol	2 mg
Sodium	71 mg
Total Carbohydrate	5 g
Dietary Fiber	2 g
Sugars	2 g
Protein	4 g

Dietary Exchanges

1 vegetable

References

1. American Heart Association. 2024. Web Address: <https://recipes.heart.org/en/recipes/cauliflower-mash>