

A CenFully Good Recipe from



Creamy Mashed Cauliflower

4 servings, 3/4 cup each

Ingredients

8 cups bite-size cauliflower florets (about 1 head)
4 cloves garlic, crushed and peeled
1/3 cup nonfat buttermilk
4 teaspoons extra-virgin olive oil, divided
1 teaspoon butter
1/2 teaspoon salt
Freshly ground pepper to taste
Snipped fresh chives for garnish

Preparation

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

4 servings, 3/4 cup each

Nutrition Per serving: 107 calories; 7 g fat (1 g sat, 4 g mono); 3 mg cholesterol; 10 g carbohydrates; 5 g protein; 4 g fiber; 339 mg sodium; 288 mg potassium.