

CAULIFLOWER MASH

Serves 6

INGREDIENTS

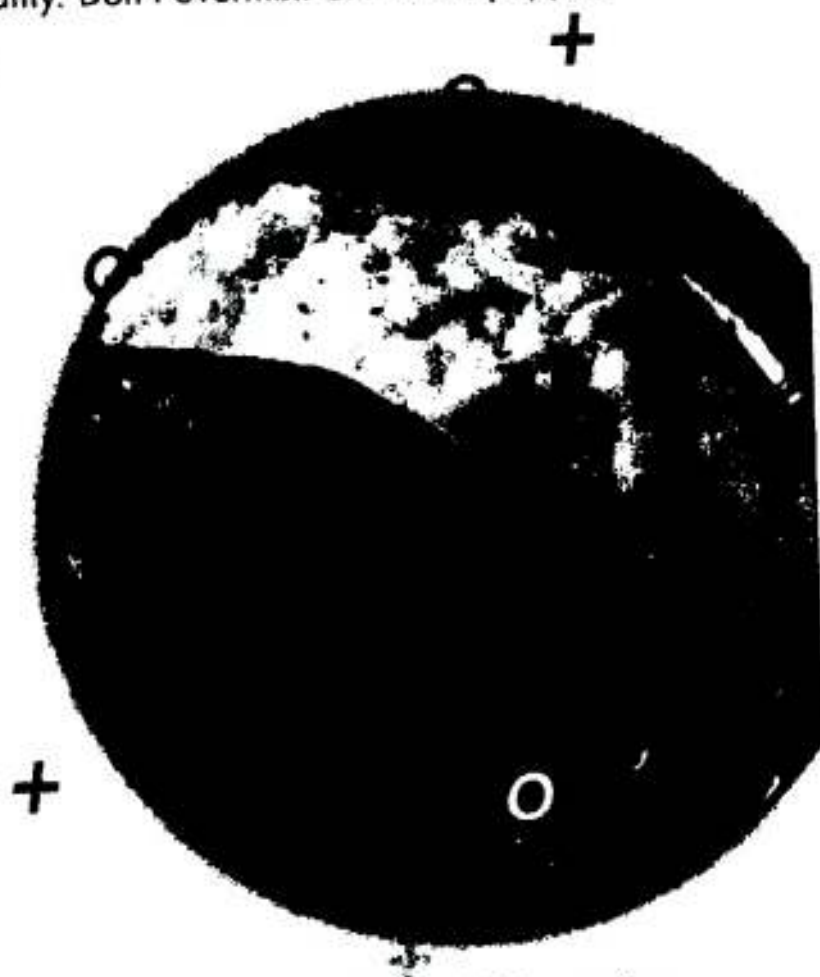
- 1 medium head of cauliflower, cut into bite-size florets (about 6 to 7 cups)
- ¼ cup fat-free plain Greek yogurt
- 3 tablespoons shredded or grated Parmesan cheese
- ½ teaspoon minced garlic
- Pepper (to taste)

DIRECTIONS

1. Fill a large pot with water to a depth of about 2 inches. Place a collapsible steamer basket in the pot. Make sure the water doesn't touch the bottom of the steamer. Bring the water to a boil over high heat. Put the cauliflower in the steamer. Steam, covered, for 15 minutes, or until very tender. Remove from the heat. Carefully uncover the pot away from you (to prevent steam burns). Drain the cauliflower well in a colander.
2. Transfer the cauliflower to a food processor or blender (or transfer it to a large bowl and use an immersion, or handheld, blender). Add the yogurt, Parmesan, and garlic. Purée until creamy. Don't overmix. Stir in the pepper.

NUTRITION FACTS

	Per serving
Calories	41
Total Fat	1.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	2 mg
Sodium	71 mg
Carbohydrates	5 g
Dietary Fiber	2 g
Total Sugars	2 g
Protein	4 g
Dietary Exchanges: 1 vegetable	



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