

November Recipe of the Month

Cauliflower Mash

This mashed potato substitute can be served any time of the year but especially at holiday time. It's an easy way to cut calories and carbs while adding a vegetable serving to your meal. It's sweet and buttery and it doesn't taste like raw cauliflower.

Serves: 4

Serving Size: ½ cup

1 large head of cauliflower
2 cloves garlic, chopped
½ cup chicken broth
2 tbsp olive oil
¼ tsp salt
Chopped chives or rosemary for garnish



Directions:

1. Chop cauliflower into florets.
2. Place cauliflower and garlic in a pot with broth and simmer for about 20 minutes or until the cauliflower is soft.
3. Remove from heat and put in a food processor.
4. Add olive oil and salt. Blend until creamy.

Per serving: 100 calories, 3g protein, 7g fat (1g saturated), 0mg cholesterol, 7g carbohydrate, 3g fiber, 3g sugar, 290mg sodium

% Daily Value: Vitamin A 4%, Vitamin C 160%, Calcium 4%, Iron 4%