



Cauliflower Mashed Potatoes

Reference: <https://cafedelites.com/mashed-cauliflower/>

Ingredients:

- 1 head of cauliflower
- 3 tbsp unsalted butter
- 3 cloves of garlic
- 3 tbsp sour cream
- 1/2 cup parmesan cheese
- 1 tsp Salt
- 1 tsp Papper

Instructions:

1. Wash/clean cauliflower and cut into small florets
2. Place into boiling water and cook for 8-10 minutes. Cook until cauliflower is tender and can be easily pierced with a knife/fork
3. Strain cauliflower well and let it sit to ensure it is dry.
4. Use food processor to blend cauliflower and 3 cloves of garlic until smooth and set aside.
5. Add butter to the pan over medium heat
6. Add blended cauliflower and stir in sour cream/cream cheese and parmesan. Add salt and pepper to taste

Prep Time: 5 minutes

Cooking Time: 10 minutes

Equipment:

- Large pot
- Blender/food processor

Servings: 4



Variations/Extra:

Can use different types of cheeses - cheddar, provolone

Add some spices - rosemary, thyme, curry powder

Garnish with chives

Calories: 65kcal | Carbohydrates: 3g | Protein: 1g | Fat: 5g | Saturated Fat: 3g | Cholesterol: 15mg | Sodium: 65mg | Potassium: 54mg | Vitamin A: 165IU | Vitamin C: 7.2mg | Calcium: 51mg | Iron: 0.1mg

Thank You to ASUA, SHAC, UA Campus Health, and UA Campus Pantry