

Mashed potatoes, though creamy and comforting, are also high in carbohydrates and calories. Mashed cauliflower, on the other hand, is creamy and comforting, but low in both carbs and calories. It's also dense in vitamins and minerals, being a good source of vitamin C and manganese, both of which are antioxidants, and containing vitamin K and omega-3 fatty acids.



#### Garlic Mashed Cauliflower

*Yields: 4 servings | Serving Size: 3/4 cup | Calories: 49 | Total Fat: 4 g | Saturated Fat: 1 g | Trans Fat: 0g | Cholesterol: 1 mg | Sodium: 306 mg | Carbohydrates: 3 g | Dietary Fiber: 1 g | Sugars: 0 g | Protein: 1g*

#### **INGREDIENTS:**

- 1 medium head cauliflower, cut into florets
- 1/4 cup skim or reduced fat milk, unsweetened nondairy milk, or 1/4 cup of the cooking liquid
- 1 tablespoon extra-virgin olive oil
- 2 cloves minced garlic
- 1/2 teaspoon salt
- Freshly ground black pepper, to taste

#### **DIRECTIONS:**

Boil a large pot of salted water. Add cauliflower and cook until very tender, about 10 minutes. Drain. Meanwhile, in a separate sauté pan, warm olive oil over medium-low heat, add garlic and sauté for about 30 seconds, or until the garlic is golden and fragrant. Remove from the heat. Mash with a potato masher in a large bowl. For a smoother mashed cauliflower, use an immersion or hand blender to puree, or puree it in the food processor. While mixing, slowly add in the milk until the desired consistency is achieved. Mix in the salt and pepper and the minced garlic with the olive oil. Serve.

Mashed cauliflower can be topped with chopped scallions if desired.