



Cauliflower Mashed Potatoes

Directions:

1. Toss cauliflower and garlic with olive oil and spread evenly on a sheet pan.
2. Roast at 350F until very tender and starting to brown.
3. Remove from oven and add to food processor or blender. Add pepper and parmesan cheese. You may need to process in batches depending on the size of your processor.
4. Puree until a smooth, mashed potato consistency is reached.
5. If too thick you may need to add a little skim milk to loosen the mixture.

Nutrition Facts: 82 cal, 4 g fat, 7 g carb, 6 g pro, 153 mg Na+, 3 g fiber

Ingredients:

1 pound cauliflower, chopped
1 Tablespoon garlic clove, minced
1/2 Tablespoon olive oil
3/4 teaspoon black pepper
3/4 cups grated parmesan cheese

Yield: 4 servings

Time: 40 minutes

Surprisingly, cauliflower replaces starchy vegetables and grains in recipes very well. Give these a try—you won't miss the "real" thing! You can satisfy that mashed potato craving with 1/2 the fat, 1/3 the calories and 1/4 the carbs!