Garlic Mashed Cauliflower

This is a great recipe to mix with mashed potatoes or by itself for a lower carbohydrate, lower calorie option to mashed potatoes.

Ingredients

8 cups cauliflower
2 cloves garlic, crushed and peeled
¼ cup skim milk
¼ teaspoon salt
½ teaspoon chopped fresh or dry chives, for garnish

Preparation

Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12-15 minutes (Alternatively, place florets and garlic in microwave-safe bowl with ¼ cup water, cover and microwave on high for 3-5 minutes). Place the cooked cauliflower and garlic in a food processor. Add skim milk, salt, and pepper to taste; pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Serve hot.

Hint: Try roasting the garlic and adding a little fresh rosemary for a whole new taste.

Nutrition Facts
Servings Per Recipe 4
Serving Size ¼ recipe

Calories: 58
Calories from Fat: 2
Total Fat: 0 grams
Cholesterol: 0 milligrams
Sodium: 214 milligrams
Total carbohydrates: 12 grams
Sugar: 6 grams
Fiber: 5 grams
Protein: 5 grams

http://caloriecount.about.com/mashed-cauliflower-recipe-r375020

Tested By Portland Oregon VA Medical Center