



Mashed Potatoes and Cauliflower

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 2 medium yellow- or red-skinned potatoes, peeled and cubed
- 3 cups fresh or frozen cauliflower florets (about 2 pounds)
- 2 cloves garlic, minced (about 1-2 teaspoons)
- $\frac{1}{3}$ cup milk
- 2 tablespoons unsalted butter or butter-oil spread
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- 2 tablespoons chopped fresh parsley (optional)

Directions

1. Place the potatoes and fresh cauliflower (if using frozen, see step 2) in a medium saucepan. Add water to cover and bring to a boil.
2. Reduce the heat to low and simmer until the potatoes are fork-tender, about 15 minutes. If using frozen cauliflower, add after the potatoes have been boiling for 5 minutes. Bring back to a boil and continue cooking for the additional 10 minutes.
3. Drain the potatoes and cauliflower into a strainer in the sink, then return them to the pan.
4. Add the garlic, milk, butter, salt, and pepper. Mash or blend to the desired texture with an immersion blender.
5. Return the pan to the stovetop over medium heat and stir in the parsley (if using).
6. Serve warm.

**Nutrition Facts Per Serving: Calories: 140 | Total Fat: 5 g | Saturated Fat: 1.5 g
Sodium: 190 mg | Total Carbohydrate: 22 g | Dietary Fiber: 3 g | Protein: 4 g**

Submitted by Robin LaCroix, RD, CSO
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