

## *Cauliflower Mash*

You won't miss mashed potatoes with this creamy imposter made from cauliflower. This often-overlooked vegetable is low in calories, high in fiber and Vitamin C and contains anti-inflammatory properties to help fight against diseases like cancer.

### Ingredients

One head of cauliflower (for 4 side servings)

1 tablespoons of milk

1 tablespoon of butter

Kosher salt and pepper



**Bring 8 cups of water to a boil in a large pot.**

**Prepare cauliflower:** Peel away outer leaves from large head of cauliflower. Using a paring knife, carefully cut away the bottom root. Either slice whole cauliflower head into 1" slices or remove individual florets.

**Cook cauliflower:** Once water is boiling, add 1 tablespoon of kosher salt. Carefully add cauliflower and boil for 10 minutes. Check to make sure cauliflower is fork-tender by piercing a larger piece with a fork and determining if it's soft enough to mash. Drain cauliflower in a colander, shaking as much excess water out of the florets as possible. Return to pot.

**Prepare dish for serving:** Using a potato masher or large fork, mash cauliflower until it's the consistency of mashed potatoes. Add 1T of butter and 1T milk. Salt and pepper to taste. If you'd like to boost the flavor a bit, add 1 clove of minced garlic or dried herbs such as basil or oregano.

