



Cauliflower Mash - Allon-Z!

4 servings

30 minutes

Ingredients

- 1 head Cauliflower (large, sliced into florets)
- 2 Mini Potatoes (optional)
- 1 Garlic (cloves, minced)
- 1 tbsp Butter (or olive oil)
- 1 tbsp Rosemary
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	64
Fat	3g
Carbs	8g
Fiber	3g
Sugar	3g
Protein	3g
Cholesterol	8mg
Sodium	45mg
Vitamin A	101IU
Vitamin C	71mg
Calcium	36mg
Iron	1mg
Vitamin B12	0µg
Magnesium	23mg

Directions

- 1 Place cauliflower florets, small potatoes (if desired) and garlic in a large steamer basket on the stove. Cover, bring to a boil and steam for 15 to 20 minutes, or until very soft.
- 2 Transfer to a bowl along with the butter, rosemary, salt, and pepper. Mash. If you like a smoother mash, you can use a food processor for this step.
- 3 Divide between plates and top with extra butter if desired. Enjoy!

Notes

More Carbs: Make with half cauliflower and half mashed potatoes.

Dairy-Free: Replace butter with olive oil.

Make it Cheesy: Add nutritional yeast or parmesan cheese to the mash (about 1 tbsp per serving).