

Mashed Cauliflower

(Makes 4 servings)

Ingredients:

- 1 cauliflower head, chopped*
- 1 tablespoon buttery spread
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 tablespoon rosemary
- 2 tablespoon Parmesan cheese

Directions:

1. Steam cauliflower. When cauliflower is soft, drain and place in blender with butter, salt and pepper.
2. Place in bowl, and stir in rosemary and Parmesan cheese.



**Can also use frozen cauliflower, simply boil and drain well before placing in blender.*

Nutrition Information: (per serving)

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|---------------------|--------------------------|
| ▪ Calories: 70 | ▪ Total Carbohydrate: 8g |
| ▪ Total Fat: 3.5g | ▪ Fiber: 3g |
| ▪ Saturated Fat: 1g | ▪ Protein: 4g |
| ▪ Cholesterol: 0mg | |
| ▪ Sodium: 690mg | |

Source:

Cleveland Clinic Department of Nutrition