

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)

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

Source:

Cleveland Clinic Department of Nutrition