

## Garlic Mashed Cauliflower

Hosted by: Student Health Advocates

### Ingredients

- 8 cups bite-size cauliflower florets (about 1 head)
- 1 tablespoon of olive oil
- 1 clove garlic, smashed
- ¼ cup grated Parmesan cheese
- 1 tablespoon reduced-fat cream cheese
- ½ teaspoon salt
- 1/8 teaspoon freshly ground black pepper



### Materials Needed

- Measuring cups
- Measuring spoons
- Microwave safe large bowl
- 1 Skillet
- Food processor
- Serving spoon
- Plates
- Eating utensils

### Instructions

- Place florets in a microwave-safe bowl with 1/4 cup water, cover and microwave on High for 3 to 5 minutes.
- Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.
- Carefully drain water from bowl and transfer half the cauliflower to a food processor; cover and blend on high.
- Add remaining cauliflower florets, garlic, Parmesan cheese, cream cheese, salt, and black pepper and blend until creamy.
- (If garlic mashed cauliflower is cold, heat in microwave to warm it up).

### Nutrition Facts

Serving Size (373g)  
Servings Per Container

Amount Per Serving

**Calories 130**      **Calories from Fat 60**

% Daily Value\*

**Total Fat 6g**      **9%**

Saturated Fat 2g      **10%**

Trans Fat 0g

**Cholesterol 5mg**      **2%**

**Sodium 390mg**      **16%**

**Total Carbohydrate 14g**      **5%**

Dietary Fiber 10g      **40%**

Sugars 4g

**Protein 8g**

Vitamin A 2%      • Vitamin C 190%

Calcium 10%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4