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).