

Bill's Garlic Smashed "Cauli-tatoes"

Yield: 4 servings

Serving size: ½ cup

Prep Time: 15 minutes



Ingredients

- ✓ 1 medium head of cauliflower
- ✓ 1 tablespoon Smart Balance Light, softened
- ✓ 1 teaspoon olive oil
- ✓ ¼ cup reduced fat grated parmesan cheese
- ✓ 1 teaspoon minced garlic
- ✓ ½ teaspoon black pepper
- ✓ ½ teaspoon dry mustard powder
- ✓ 1 Tablespoon chopped fresh or 1 teaspoon dry chives for garnish

Directions:

1. Clean and trim cauliflower. Cut into small pieces.
2. Steam cauliflower in steamer pot or microwave with minimal water until soft.
3. In a food processor, puree the hot cauliflower with the Smart Balance, olive oil, parmesan cheese, garlic, black pepper and mustard powder until almost smooth or to *your* desired consistency.
4. Garnish with chives, serve hot, and enjoy!

Nutrition Facts:

Nutrition Facts	
Serving Size (156g)	
Servings Per Container	
Amount Per Serving	
Calories 80	Calories from Fat 30
% Daily Value*	
Total Fat 3.5g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 150mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 4g	16%
Sugars 4g	
Protein 5g	
Vitamin A 4%	• Vitamin C 110%
Calcium 8%	• Iron 4%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	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	

Lifestyle Tips:

You can use cauliflower in place of potatoes to make "mock" mashed potatoes! This delicious recipe has half of the carbs as traditional mashed potatoes and will satisfy your comfort food urge.

Chef's Tip:

- ✓ After steaming the cauliflower, place it on a paper towel to absorb any moisture before putting it in the food processor. This will keep the "cauli-tatoes" from becoming too mushy.
- ✓ Process the cauliflower in small batches and gently pulse keep to some of the cauliflower in small pieces to avoid over processing.

These "smashed cauli-tatoes" will win over even the biggest skeptic. Flavorful and satisfying!