

Creamy Garlic Mashed Cauliflower



INGREDIENTS:

1 large head of cauliflower, cut into florets
3 cloves of garlic, peeled
2 tablespoons of olive oil or butter
¼ cup of grated parmesan cheese
¼ cup of milk or unsweetened almond milk
Salt and pepper to taste
Fresh chives or green onion, finely chopped for garnish

INSTRUCTIONS:

1. Bring 1 inch of water to a boil in a large pot.
2. Add cauliflower florets and garlic cloves to steam in a basket. Cover and steam for about 10-12 minutes or until cauliflower is tender.
3. Transfer cauliflower and garlic to a large bowl, adding olive oil or butter, and mash using a potato masher.
4. Stir in parmesan cheese and half of the milk. Mix well and continue to mash or blend, adding more milk as needed to reach preferred consistency.
5. Season with salt and pepper.
6. Spoon the mashed cauliflower into a serving dish, and sprinkle with fresh chives or green onion.



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