

MASHED CAULIFLOWER

INGREDIENTS

1	Cauliflower
2 C	Water
3 T	Milk (non fat) OR Almond Milk OR Soy Milk
1 T	Smart Beat margarine
2 T	Sour cream (non-fat)
1/4 t	Garlic salt
	Black Pepper
	Chives



COOKING INSTRUCTIONS

- 1 Separate the cauliflower into florets & chop the core into small pieces
 - 2 In a 3 qt pot boil the water & then add the cauliflower
 - 3 Cover the pot & turn the heat to medium
 - 4 Cook the cauliflower for 12-15 minutes or until soft
 - 5 Drain the cauliflower in a collander & let it sit so all the water is gone
 - 6 Add the milk, margarine, sour cream garlic salt & pepper & mash with a masher until it looks like mashed potatoes
 - 7 Add chives **OR** just sprinkle on the top when serving
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