



## Savory Cauliflower Mash

SERVINGS: 4

PREPPING TIME: 10 MINS

COOKING TIME: 10 MINS

### INGREDIENTS

- 1 medium head of cauliflower, cut into florets
- 2 cloves garlic, minced
- 1/4 cup non-fat plain Greek yogurt
- 1/4 cup grated Parmesan cheese
- 1 tbsp. plant-based butter, melted
- Salt and pepper, to taste
- Fresh chives, chopped (for garnish)

### DIRECTIONS

1. In a large pot, bring water to a boil. Add the cauliflower florets and garlic. Cover and steam for about 8-10 minutes, or until the cauliflower is tender.
2. Remove the cauliflower and garlic from the pot and let it drain well to remove excess moisture.
3. In a food processor or using an immersion blender, combine the steamed cauliflower, garlic, Greek yogurt, Parmesan cheese (if using), olive oil, salt, and pepper. Blend until smooth and creamy.
4. Taste the mixture and adjust the seasoning as needed. If you prefer a creamier texture, add a bit more Greek yogurt or milk.
5. Transfer the mashed cauliflower to a serving bowl and garnish with fresh chives or parsley.

### NUTRITION

Serving size: 3/4 cup  
(per serving) 97.9 calories, 4.5g fat, 2g saturated fat, 5.6mg cholesterol,  
194.3mg sodium, 8.9g carbohydrate, 3.2g fiber, 3.6g sugar, 7.2g protein