

# Faux Mashed Potatoes



Makes about 2 cups

*From fresh cauliflower*

Ingredients:

- 1 small-medium fresh cauliflower, about 16 ounces
- 1 tablespoon water
- 1 tablespoon butter
- 1-2 tablespoons heavy cream
- Salt and pepper, to taste

## Instructions:

1. Chop the cauliflower into small pieces and place in a large covered casserole dish. Add 1 tablespoon water; cover and microwave on HIGH 5 minutes. Stir and cook another 5 minutes.
2. Let stand covered 5 minutes; drain briefly.
3. Place in a food processor along with the butter and heavy cream. Process until smooth and creamy, scraping down the sides of the processor occasionally.
4. Season to taste with salt and pepper and reheat in the microwave, if necessary.

## *From frozen cauliflower*

### Ingredients:

- 1 (16 ounce) bag frozen cauliflower
- 2 tablespoons water
- 1-2 tablespoons butter
- Salt and pepper, to taste

### Instructions:

1. Place frozen cauliflower in a casserole with a lid; add the water. Cover and microwave on HIGH about 8-10 minutes, until very tender, stirring occasionally.
2. Drain well and put cauliflower in a food processor. Process until smooth and creamy.
3. Remove to a serving bowl and season with salt and pepper and butter. Reheat in the microwave, if necessary.

Nutrition per  $\frac{1}{2}$  cup: Calories 159; Total Fat 12.0 g; Saturated Fat 7.4 g; Monounsaturated Fat 3.1 g; Polyunsaturated Fat: 0.6 g; Total Carbohydrates

11.5 g; Dietary Fiber 5.8 g; Sugar Alcohols 0.1 g; Sugars 3.8 g; Protein 4.8 g;  
Sodium 212 mg