

Creamy Mashed Cauliflower

Makes 4 servings, $\frac{3}{4}$ cups each

INGREDIENTS:

- 8 cups bite-sized cauliflower florets, (about 1 head)
- 4 cloves garlic, crushed and peeled
- $\frac{1}{3}$ cup nonfat buttermilk, (see Tip)
- 4 teaspoons extra-virgin olive oil, divided
- 1 teaspoon butter
- $\frac{1}{2}$ teaspoon salt
- Freshly ground pepper, to taste
- Snipped fresh chives, for garnish

DIRECTIONS:

1. Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 12 to 15 minutes. (Alternatives, place florets and garlic in a microwave safe bowl with $\frac{1}{4}$ cup water, cover and microwave on High for 3 to 5 minutes.)
2. Place the cooked cauliflower and garlic in a food processor. Add buttermilk, 2 teaspoons oil, butter, salt and pepper, pulse several times, then process until smooth and creamy. Transfer to a serving bowl. Drizzle with the remaining 2 teaspoons oil and garnish with chives, if desired. Serve hot.

Tip: No buttermilk? You can use buttermilk powder prepared according to package directions. Or make "sour milk" by mixing 1 teaspoon lemon juice or vinegar to 1 cup milk.

REFERENCES: Million Hearts® Creamy Mashed Cauliflower. Retrieved November 30, 2015 from, <http://recipes.millionhearts.hhs.gov/recipes/creamy-mashed-cauliflower>