



## Cauliflower Mashed "Potatoes"

### **Ingredients:**

1 head of cauliflower or 1lb bag of cauliflower rice  
3 tablespoons milk  
1 tablespoon olive oil or butter  
2 tablespoons plain Greek yogurt  
1/4 teaspoon regular or garlic salt  
Freshly ground black pepper  
Snipped chives - optional

### **Directions:**

1. Separate the cauliflower into small florets – not necessary if using cauliflower rice.
2. Bring about 1 cup of water to a simmer in a pot and add the cauliflower. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender. You can also use a steamer and steam cauliflower until very tender. If using cauliflower rice, use just 1/2 cup of water, simmer covered until “rice” is soft.
3. Drain and discard all of the water (the drier the cauliflower, the better). Once well drained, add the milk, butter or oil, yogurt, salt and pepper and mash with a masher or hand held beater until smooth and resembles “mashed potatoes.” Top with chives, season to taste.

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