

Cauliflower Mashed Potatoes

Just Say Yes to Fruits and Vegetables

Cauliflower? In mashed potatoes? Sometimes these veggies get sneaky!



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Serves 4 • Serving: 1 cup

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Cauliflower can also be grated and cooked as a veggie alternative to rice.

Ingredients:

- 2 potatoes, cut into chunks
- 3 cups cauliflower florets
- ½ cup shredded reduced-fat cheddar cheese
- ⅔ cup low-fat milk*
- Salt and pepper, to taste
- ½ teaspoon garlic powder (optional)

* If using nonfat dried milk (NFDM), mix ⅔ cup water with ¼ cup NFDM and add to recipe.

Directions:

1. In a large pot, bring 4 cups of water to a boil.
2. Add potatoes and cook for 5 minutes.
3. Add cauliflower and cook for 5 more minutes, until the potatoes and cauliflower are soft. Drain.
4. In a large mixing bowl, add potatoes, cauliflower, and grated cheese. Mash with a fork until well blended.
5. Add milk, salt, pepper and garlic powder. Mix well.
6. Serve and enjoy!
7. Refrigerate leftovers.