

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



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
- ¾ cup low-fat milk*
- Salt and pepper, to taste
- ½ teaspoon garlic powder (optional)

* If using nonfat dried milk (NFDM), mix ¾ 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.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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