

# CAULIFLOWER MASHED 'POTATOES'



## INGREDIENTS

- 1 head cauliflower
- 1 leek, white only, cut in 4 pieces
- 1 clove garlic
- 1 teaspoon butter
- 2 teaspoons olive oil

## DIRECTIONS

1. Break cauliflower into small pieces. In a large saucepan, steam cauliflower, garlic and leeks in water until completely tender, about 20 to 30 minutes.
2. Use a food processor to puree the vegetables until the texture resembles mashed potatoes. Process a small portion at a time.
3. For a smoother texture, use a blender. Be sure to hold blender lid on firmly with a dish towel. Add a little hot water if vegetables seem dry.
4. Stir in butter and olive oil. Add pepper to taste. Serve.



Serves:  
4

Serving Size:  
1 cup

Calories:  
79

Recipe courtesy of the Mayo Clinic