



## Lightened Up "Potatoes"



# Cauliflower Mash Recipe

*Gluten Free (substitutions below to make this Vegan)*

Serves 4

### Ingredients:

- ❖ 1 medium head cauliflower, chopped into florets
- ❖ 3 tablespoon shredded parmesan cheese (or use ¼ cup nutritional yeast to make this vegan)
- ❖ 2 tablespoons unsweetened almond milk (may use low fat milk)
- ❖ 1 tablespoon minced garlic
- ❖ ½ teaspoon salt & fresh ground black pepper
- ❖ 1 teaspoon fresh rosemary, chopped
- ❖ 1 teaspoon fresh thyme leaves, chopped
- ❖ 3 tablespoons unsalted butter (or use a vegan butter such as Earth Balance)
- ❖ ½ teaspoon fresh or dry chives

### Directions:

Set a stockpot of water to boil over high heat. Place chopped cauliflower into pot. Cook in boiling water for about 6 minutes. Drain well; do not let cool and pat cooked cauliflower dry between paper towels.

In a food processor, puree hot cauliflower with rest of ingredients listed (except chives); puree until almost smooth. If you don't have a food processor you can use a potato masher.

Garnish with chives and serve hot.

Tip: Try roasting the garlic first for a whole new taste!

*Recipe brought to you by Shana Griffin, Registered Dietitian Nutritionist*

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