

Cauliflower Mashed Potatoes

Makes 8 servings

Ingredients

- 3-4 medium potatoes (about 1 pound), cubed
- 1 small head cauliflower, cut into 1½-inch cubes
- 1 small onion, diced
- 1 clove garlic, chopped (½ teaspoon minced or ¼ teaspoon powder)
- ½ cup low-fat (1%) milk
- 1 Tablespoon soft-tub margarine
- Salt and black pepper



Directions

1. Boil potatoes and cauliflower until tender, about 20 minutes.
2. While potatoes are boiling, cook onion and garlic in 1 teaspoon of margarine until tender.
3. Drain potatoes and cauliflower and place in a deep bowl. Mash with a fork, or potato masher until chunky. Add garlic and onion. Continue mashing while gradually adding margarine and low-fat (1%) milk.
4. Season with salt and pepper to taste.

Nutrition Facts

Serving Size 1/2 cup (161.14g)
Servings Per Container 8

Amount Per Serving

Calories 110 Calories from Fat 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g **6%**

*Percent Daily Values are based on a 2,000 calorie diet.