



## Cauliflower mashed potatoes

**Yield: Makes:** 5 servings

**Serving Size:** ¾ cup

### Ingredients

- 2 lbs Yukon gold potatoes, thoroughly washed and cut into 2" chunks
- 1 lb Frozen cauliflower
- 4 cloves Garlic, peeled and minced
- ½ cup Low-fat sour cream or plain Greek yogurt
- ½ cup Broth, vegetable or chicken
- 2 tbsp Butter, olive oil or margarine

### Directions

1. Fill large pot with water and bring to a boil on stovetop. Dice potatoes and mince garlic while water is heating. Put diced potatoes and cauliflower in pot, reduce heat to medium and cook for 20 minutes.
2. Drain potatoes and cauliflower with strainer or colander. Add garlic, sour cream or yogurt, vegetable broth, and oil or butter. Using a fork, potato masher, or large wooden spoon, mash vegetables until smooth. Season with salt and pepper.
3. Serve warm, with gravy, or with fresh parsley or scallions on top.