

# “MOCK” GARLIC Mashed Potatoes



## WAC Fun Food Fact

Here's a great win-win! Cauliflower instead of potatoes increases vegetable intake and reduces carb/calorie content. AND you won't believe how tasty "mock mashed potatoes" can be!

### INGREDIENTS

- 1 medium head cauliflower
- 1 tablespoon cream cheese, softened
- 1/4 cup grated Parmesan
- 1/2 teaspoon minced garlic
- 1/8 teaspoon straight chicken base or bullion (may substitute 1/2 teaspoon salt)
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon chopped fresh or dry chives, for garnish
- 3 tablespoons unsalted butter

4 servings

### DIRECTIONS

- 1 Set a stockpot of water to boil over high heat.
- 2 Clean and cut cauliflower into small pieces. Cook in boiling water for about 6 minutes, or until well done. Drain well; do not let cool and pat cooked cauliflower very dry between several layers of paper towels.
- 3 In a bowl with an immersion blender, or in a food processor, puree the hot cauliflower with the cream cheese, Parmesan, garlic, chicken base, and pepper until almost smooth.
- 4 Garnish with chives, and serve hot with pats of butter.



Recipe of the Month | **DECEMBER**