Creamy Mashed Cauliflower
Mashed cauliflower is a welcome, low-carb and detoxifying change from our typical mashed potatoes. Serve with roast chicken or turkey and cranberry relish for a holiday meal any time of the year.

Ingredients
1.5 pounds cauliflower (one head is perfect)
1-2 cloves garlic, peeled
¼ - ⅓ cup olive oil-based mayonnaise or Veganaise (egg-free mayonnaise)
¼ - ⅓ teaspoon salt or Herbamare (herbed seasoning salt)
Freshly ground black pepper, to taste

Directions
1. In a medium or large pot with a steamer basket, fill pot with 1-2 inches water and bring to a boil.
2. Add cauliflower and garlic, reduce heat to a low boil, and cover pot.
3. Cook for 15 minutes or until cauliflower is very soft.
4. Drain water and add remaining ingredients to pot
5. Mash/blend the cauliflower and garlic mixture until creamy using a(n):
   • Potato masher
   • Immersion blender (a.k.a. “stick blender”)
   • Food processor
6. Adjust seasonings, if needed

Serves: 4-6

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