

# Garlic Mashed Cauliflower

*The same texture and flavor as mashed potatoes...but way healthier!*

**Serves 4**

## Ingredients

- 1 large cauliflower, chopped into small florets
- 3 ounces low fat cream cheese
- 2 tablespoons salted butter
- 1 1/2 teaspoon minced garlic, sauteed unless you're buying it already prepared
- 1 tablespoon fresh rosemary

For a lower-fat and lower-calorie dish, substitute Greek yogurt for the cream cheese, and/or vegan butter for the salted butter.

## Instructions

1. Boil a medium sized pot of water. Once boiling, cook the cauliflower until fork tender, about 8-10 minutes. Remove from heat and drain cauliflower in a colander.
2. Place cauliflower and all other ingredients into a blender or food processor. Pulse until smooth and creamy.
3. Garnish, if desired...and serve!

## Nutrition Information

Calories: 101kcal (5%) • Carbohydrates: 3g (1%) • Protein: 2g (4%) • Fat: 9g (14%) • Saturated Fat: 5g (31%)  
Cholesterol: 26mg (9%) • Sodium: 109mg (5%) • Potassium: 132mg (4%) • Sugar: 1g (1%)  
Vitamin A: 305IU (6%) • Vitamin C: 13.3mg (16%) • Calcium: 37mg (4%) • Iron: 0.1mg (1%)

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