

# Mashed Cauliflower

## INGREDIENTS

1 large head Cauliflower (6 cups florets, cut off most of the stems)  
2 tbsp Butter (cut into chunks)  
2 tbsp Cream cheese (cut into chunks)  
2 cloves Garlic (minced)  
3/4 tsp Sea salt (to taste)  
Chives (optional, for garnish)



## INSTRUCTIONS

### OPTION 1 - MICROWAVE METHOD:

Place the cauliflower florets into a large bowl with 1/2 cup water. Cover the top with plastic wrap.

Microwave for 10-15 minutes, until very soft and mushy. Drain and pat dry.

### OPTION 2 - STEAM METHOD:

Fill a large saucepan or pot with enough salted water to come right below a steamer basket fitted over it. Bring the water to a boil.

Place the cauliflower florets into the steamer basket and fit on top of the pan. Cover pan with a lid.

Reduce water to a simmer and cook, covered, for 10-15 minutes, until cauliflower is very soft and mushy.

### MAKE THE MASHED CAULIFLOWER:

Heat olive oil in a small skillet over medium heat. Add the minced garlic and saute for about a minute, until fragrant.

Place the cooked cauliflower, sauteed garlic, butter, cream cheese, and salt into a large bowl, mix with blender until completely smooth.

Salt and pepper to taste. Garnish with chives if desired. Top with melted butter if you'd like.

Makes 2 cups. (4 servings)

