



# Creamy Mashed Cauliflower



Where service *and* savings matter.

**SERVINGS:** 4

**INGREDIENTS:**

**NUTRITIONALS**

Nutritional analysis per serving:  
calories 120, calories from fat 50,  
total fat 6g, saturated fat 3.5g,  
cholesterol 15mg, sodium 540mg,  
total carbohydrate 13g, dietary  
fiber 6g, sugars 6g, protein 7g,  
vitamin A 8%, vitamin C 160%,  
calcium 10%, iron 6%

- 1 large head cauliflower
- 2 Tbsp Neufchatel 1/3 less fat cream cheese, softened
- 1/4 cup (1 oz) grated Parmesan
- 2 cloves garlic, minced
- 1/8 tsp chicken bouillon
- 1/2 tsp salt
- 1/8 tsp freshly ground black pepper
- 2 Tbsp Land O'Lakes light butter
- 1/2 tsp chopped fresh or dry chives, for garnish

**DIRECTIONS:**

1. Clean and cut cauliflower into small pieces. Put cauliflower in a large saucepan and add 1 to 2 inches of water. Bring to a boil over high heat. Reduce heat to medium, cover, and simmer for 10 minutes, or until done. Drain well in colander, do not let cool.
  2. In a bowl with an immersion blender, or in a food processor, puree the cauliflower with the cream cheese, Parmesan, garlic, chicken bouillon, salt, pepper and butter until almost smooth.
  3. Garnish with chives and serve hot.
- Tip: Try roasting the garlic and adding a little fresh rosemary for a whole new taste.

Source: FoodNetwork.com

visit [unitedtexas.com](http://unitedtexas.com) for more recipe ideas

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## Shopping List

**PRODUCE:**

- 1 head cauliflower
- Garlic
- Green onions

**DAIRY:**

- Neufchatel 1/3 less fat cream cheese
- 1 oz grated parmesan cheese
- Land O'Lakes light butter

**SPICES/SEASONINGS:**

- Chicken bouillon
- Salt
- Black pepper

FOLD