

Mashed Cauliflower & Potatoes

Serves 4-8



**Greater Cleveland
Food Bank**

INGREDIENTS

- 1 head cauliflower, chopped
- 2 1/2 pounds potatoes, cubed
- 1/4 cup olive oil (or other vegetable oil)
- 1/4 cup butter
- 1/4 cup milk, half-and-half, or cream
- 1/4 cup sour cream
- Black pepper to taste
- Salt to taste
- 1/4 tsp paprika
- 1 head roasted garlic (or 1 Tbs minced garlic, or 1/2 tsp garlic powder)

DIRECTIONS

1. Boil cauliflower and potatoes together until tender.
2. Drain water then mash with oil and butter.
3. Add remaining ingredients and mix thoroughly.

NOTES

Cut carbs and boost fiber: Enjoy the comfort of mashed potatoes without all the carbohydrates. Whether or not you peel your potatoes, you'll get more fiber when blending with cauliflower.

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