

## **Creamy Mashed Cauliflower**

This mashed cauliflower recipe is an amazing substitution for mashed potatoes. The cauliflower has much fewer carbohydrates than potatoes and is no glutens which changes the texture slightly. The trick to this healthy recipe is to steam the cauliflower versus boiling.

### Ingredients

- 1 head cauliflower, cut into florets
- 1/2 cup chicken or vegetable broth
- 1 tablespoon corn starch
- 1/3 cup buttermilk
- 3/4 teaspoon salt
- 1/4 teaspoon white pepper
- 1/8 teaspoon garlic powder
- 1/8 teaspoon onion powder

### Description

1. Divide a head of cauliflower into florets that are all roughly the same size. Steam cauliflower pieces over boiling water for 15 to 20 minutes, or until the cauliflower is tender. Remove the cauliflower and toss it in a bowl of ice water to bring the cooking process to a screeching halt. Drain to remove moisture.
2. When the cauliflower has cooled, put the florets in a food processor along with 1/4 cup of vegetable or chicken broth. Puree the cauliflower on high speed until smooth, but with some very small pieces of cauliflower remaining in the mix for just a bit of texture.
3. Pour all of the pureed cauliflower into a medium sauce pan. Dissolve the corn starch in the remaining 1/4 cup of broth and add the mixture to the cauliflower.
4. Add the buttermilk, salt, white pepper, garlic powder and onion powder to the cauliflower and stir. Set the saucepan over medium heat and cook, stirring often, for 5 to 10 minutes, or until thick. Makes three 3/4-cup servings.

To make different flavored mashed cauliflower, try adding any of the following ingredients to the final mixture:

Green onions

Goat cheese

Roasted garlic

Cheddar cheese

Cooked, chopped bacon pieces

Roasted red pepper pieces