

CAULIFLOWER MASH

- 1 medium head cauliflower, cut into florets
 - 3 Tablespoons Parmesan cheese
 - ¼ cup low-fat sour cream
 - ½ teaspoon minced garlic
 - ground black pepper to taste
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1. Cut the cauliflower into small florets. In a large pot filled with about 2 inches water, cook cauliflower in steamer basket if possible for about 15 minutes or until very tender. Drain well.
2. In a blender, food processor, or with an immersion blender, puree the cauliflower with the sour cream, cheese, and garlic until creamy. Do not over mix. Add pepper to state.

Serves 6. Per serving: 41 cal., 1 g total fat (.5 g sat. fat), 2 mg chol., 71 mg sodium, 5 g carb., 2 g fiber, 4 g pro.
Recipe adapted from *heart.org*.

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