
Cauliflower Mash with Sour Cream

Cooking class with Susan V, Oct. 2017



Servings: 6

1. Cook cauliflower in simmering salted water until tender, about 5-7 minutes. Drain.
2. Place cauliflower in food processor with remaining ingredients and pulse until smooth. Taste for seasoning.

- 1 whole cauliflower head, cut in florets**
- 3 tablespoons whole milk**
- 3 tablespoons sour cream**
- 1 tablespoon butter**
- Salt and pepper to taste**

Per Serving (excluding unknown items): 61 Calories; 4g Fat (52.0% calories from fat); 2g Protein; 6g Carbohydrate; 2g Dietary Fiber; 9mg Cholesterol; 56mg Sodium. Exchanges: 1 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Carolyn T's Blog: tastingspoons.com