

Cauliflower & Green Onion Mash

Author: Adapted a bit from a Cooking Light magazine recipe.

***Carolyn T's
Main Cookbook***

Servings: 8



1. Preheat oven to 500. Yes, 500.
2. Line a rimmed baking sheet with foil (or Silpat). Toss the cauliflower florets and garlic slices with olive oil to coat. Bake for about 20-25 minutes, until the cauliflower is browned in places and is just barely tender.
3. Place cauliflower in a large bowl (flatter the better) and with a potato masher, mash the cauliflower until it's a texture you prefer. Add the green onions, milk, butter, salt and pepper. Add more milk if necessary. Taste for seasonings. Can be prepared fully and reheated in the microwave just before serving.

3 pounds fresh cauliflower, cut in florets
1 tablespoon extra virgin olive oil
3 whole garlic cloves, sliced
1 cup green onions, chopped
2/3 cup 2% low-fat milk (may need more)
1 1/2 tablespoons unsalted butter
Kosher salt and freshly ground black pepper to taste

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 50 Calories;
4g Fat (74.9% calories from fat); 1g Protein; 2g
Carbohydrate; trace Dietary Fiber; 7mg Cholesterol;
13mg Sodium. Exchanges: 0 Vegetable; 0 Non-Fat
Milk; 1 Fat.*