

Cheesy Mashed Cauliflower with Boursin Cheese

Adapted from Kalyn's Kitchen



1 large head cauliflower, cut into small same-size florets

1 clove garlic, minced

1 tablespoon half and half, or more if needed

4 tablespoons Parmigiano-Reggiano cheese, grated

4 tablespoons Boursin Gourmet Spreadable

Cheese, Garlic & Herb, crumbled

salt/pepper to taste

Per Serving (excluding unknown items): 81 Calories; 6g Fat (67.5% calories from fat); 5g Protein; 2g Carbohydrate; trace Dietary Fiber; 18mg Cholesterol; 170mg Sodium; trace Total Sugars; trace Vitamin D; 133mg Calcium; trace Iron; 68mg Potassium; 79mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

1. Place cauliflower florets in a pan with enough water to cover, and add garlic and a small amount of salt.
2. Let cauliflower come to a boil, then lower heat and cook 15-20 minutes, or until cauliflower is very soft.
3. Remove from heat and pour into a colander. Allow to drain for at least 10 minutes. Do not skip this step or the finished dish will be watery.
4. When cauliflower is well drained, pour into food processor and puree, adding the half and half if needed. You could also use a potato masher or a small hand beater to "whip" the cauliflower as you would potatoes, although the texture will not be as smooth.
5. Put cauliflower back into the pan you cooked it in and heat on very low. Add Parmesan, Boursin goat cheese and stir until both are incorporated and melted. Season with salt and pepper.
6. Heat 2-3 minutes, stirring constantly so it does not stick to the bottom. Serve hot, with a little freshly grated Parmesan on top if desired.