

Mashed Cauliflower

Makes 8 servings (1/2 cup per serving)

Ingredients

- 1 large head (7-8 inch) Cauliflower, cut up
- 2 Tbsp Butter or margarine, melted

Directions

1. Boil cauliflower until it is soft (10-15 minutes).
2. Drain cauliflower and put through food processor (or use a potato masher).
3. Add melted butter and mix.

Use as a substitute for mashed potatoes

Nutrients Facts (per 1/2 cup serving):	Compared to 1/2 cup mashed potatoes:
Calories: 40kcal	84kcal
Protein: 1g	2g
Carbohydrate: 2g	19g
Potassium: 93mg	261mg
Phosphorus: 21mg	37mg
Sodium: 33mg	25mg

From <http://wp.larchefoundation.ca/index.php/larche-canada-cookbook-eng/>