

# Cauliflower Mashed "Potatoes"



## INGREDIENTS:

- 1 medium-sized cauliflower head, washed and cut into florets
- 2 cloves garlic, minced (optional, for added flavor)
- 2 tablespoons olive oil or unsalted butter
- Salt and pepper to taste
- Fresh chives or parsley, chopped (optional, for garnish)

## INSTRUCTIONS:

1. Place the cauliflower florets in a steamer basket over a pot of boiling water. Cover and steam for about 10-15 minutes or until the cauliflower is tender when pierced with a fork.
2. Once the cauliflower is tender, drain any excess moisture by placing it on a clean kitchen towel or paper towels. This helps prevent the mashed cauliflower from becoming too watery.
3. In a food processor or using a potato masher, blend the steamed cauliflower until it reaches a smooth consistency. You can also use a hand blender for this step. Add minced garlic if you desire extra flavor.
4. While blending, add olive oil or unsalted butter to the mashed cauliflower. Continue blending until the mixture is creamy and well combined.
5. Season the cauliflower mash with salt and pepper to taste. Adjust the seasoning according to your preference.
6. Garnish the cauliflower mashed potatoes with chopped fresh chives or parsley for a pop of color and added flavor.
7. Enjoy!

