



**“Mock” Garlic mashed potatoes
Makes 4 servings**

1 medium head cauliflower
1/4 cup grated reduced fat Parmesan cheese
1/2 teaspoon minced garlic
1/8 teaspoon straight chicken base or low sodium bouillon (or salt)
1/8 teaspoon freshly ground black pepper
1/2 teaspoon chopped fresh or dry chives, for garnish
2 Tablespoons Trans-fat free spread

- Set a stockpot of water to boil over high heat.
- Clean and cut cauliflower into small pieces. Cook in boiling water for about 6 minutes, or until well done. Drain well; do not let cool and pat cooked cauliflower very dry between several layers of paper towels.
- In a bowl with an immersion blender, or in a food processor, puree the hot cauliflower with the Parmesan cheese, garlic, chicken base (bullion), and pepper until almost smooth. Add trans-fat free spread.
Garnish with chives, and serve.

Nutritional Information:

Calories: 104

Fat: 6g

Saturated fat: 1.6g

Carbohydrates: 11g

Fiber: 4g

Protein: 4g