

RECIPE OF THE WEEK: PALEO EDITION

Mashed Garlic Cauliflower (Mock Mashed Potatoes)

Ingredients:

1 large head cauliflower
1 tbsp butter, coconut oil, or smart balance butter spread
2 cloves garlic, chopped
1 tsp salt

Instructions:

In a large pot with a tight-fitting lid, steam the cauliflower for 15 minutes in 2 inches of water. Transfer the cauliflower to a food processor and puree in small batches, until incorporating all of the cauliflower. Add the butter, garlic and salt, and continue processing until it reaches a smooth, creamy texture.

Nutritional Info (per serving)

100 k/cal calories
6g protein
15g carbohydrates
7g fiber
6g sugar
4g fat

Prep Time: 25 minutes

Difficulty Level: Easy

Servings: 3

Compliments of *Gourmet Nutrition* by Dr. John M. Berardi and Dr. John K. Williams

