

MASHED CAULIFLOWER



INGREDIENTS

3 lb Cauliflower florets (frozen)
1/4 cup + 1 1/3 Tbs 2% Milk
White pepper to taste

INSTRUCTIONS

1. Cook cauliflower in steamer until tender.
2. In an electric mixer bowl, combine all ingredients and mix well to mash.

NUTRITION

Calories:	28
Sodium:	26 mg
Trans Fat:	0 g
% Calories from Saturated Fat:	3%



*Number of Servings: 10 (133 g per serving)
Recipe courtesy of Maine Medical Center*