

PARMESAN MASHED CAULIFLOWER

INGREDIENTS

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| 1 head cauliflower, cut into florets | ½ tsp. onion powder |
| 2 Tbsps. milk | 2 Tbsps. parmesan cheese, grated |
| 3 Tbsps. butter | ½ tsp. black pepper |
| ½ tsp. garlic powder | |

DIRECTIONS

1. Place the cauliflower florets in a large pot and add just enough water to cover.
2. Cover and cook over medium heat for 15-20 minutes, or until tender. Drain and place in a medium bowl.
3. Add the remaining ingredients and beat with an electric mixer until mixture is well combined.

NUTRITION FACTS

Serves 6 / Serving Size - ½ cup

Calories	85
Total Fat	6.3g
Protein	2.7g
Cholesterol	1.9mg
Sodium	109mg
Total Carbohydrates	5.5g
Dietary Fiber	2.0g
Sugar	2.1g

