Dinner, American

Golden Roasted Cauliflower Mash with Garlic

Cauliflower florets and whole garlic cloves roast together until golden and tender, then blend into a smooth, creamy mash finished with fresh herbs.



Vegan | Gluten free | Dairy free

40 min	90	12 g	4 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 head cauliflower (large, cut into florets)
- [ ] 4 clove garlic (unpeeled)
- [ ] 1 tbsp olive oil
- [ ] 1/8 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 2 tbsp unsweetened almond milk
- [ ] 1 tbsp nutritional yeast (optional)
- [ ] 1 tbsp fresh herbs (chopped, for garnish, such as dill or parsley)

Method

- [ ] 1 Heat the oven to 400 degrees F and line a baking sheet with parchment paper.
- [ ] 2 Spread the cauliflower florets and unpeeled garlic cloves out on the prepared baking sheet.
- [ ] 3 Drizzle the olive oil over the cauliflower florets and garlic and toss so everything is evenly coated.
- [ ] 4 Season with the salt and black pepper.
- [ ] 5 Roast for 25-30 minutes, until the cauliflower is tender and golden brown.
- [ ] 6 Take the pan out of the oven and let the cauliflower and garlic cool slightly.
- [ ] 7 Squeeze each roasted garlic clove out of its skin.
- [ ] 8 Put the roasted cauliflower, roasted garlic, unsweetened almond milk and nutritional yeast into a food processor.
- [ ] 9 Blend until smooth and creamy, adding a little more unsweetened almond milk if needed to reach the consistency you like.
- [ ] 10 Serve topped with the chopped fresh herbs.

Nutrition Facts

Per serving

Calories	90
Total fat	4 g
Saturated fat	1 g
Sodium	140 mg
Total carbs	12 g
Fiber	5 g
Total sugars	4 g
Protein	5 g

diabic.com/recipes

Scan to open this recipe and its shopping list