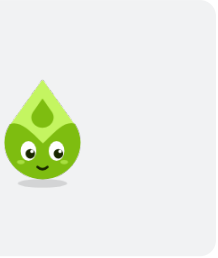
Dinner, American

Silky Garlic Mashed Cauliflower

Tender steamed cauliflower is whipped with golden garlic butter and Greek yogurt into a smooth, creamy side that pairs well with almost any meal.

30 min	90	12 g	4 g
time	calories	carbs	sugars



Vegetarian | Gluten free | Nut free

Ingredients, 4 servings

- [ ] 1 head cauliflower (large, cut into florets)
- [ ] 1 tbsp unsalted butter
- [ ] 2 clove garlic (minced)
- [ ] 1/4 tsp salt
- [ ] 1/4 tsp black pepper
- [ ] 1/4 cup plain nonfat Greek yogurt

Method

- [ ] **1** Give the cauliflower florets a steam or a boil until a fork slides through them easily, which should take 10 to 12 minutes.
- [ ] **2** Once the cauliflower is cooked, pile it into a large bowl.
- [ ] **3** While that rests, set a small pan over medium heat and let the unsalted butter melt inside it, then drop in the minced garlic and let it sauté for 1 to 2 minutes, just long enough for it to turn fragrant.
- [ ] **4** Pour that garlic butter over the cauliflower and season the bowl with the salt and the black pepper.
- [ ] **5** Spoon the Plain Nonfat Greek yogurt in with the rest.
- [ ] **6** Take a hand blender to the bowl and work it until the cauliflower turns smooth and creamy.

Nutrition Facts

Per serving

Calories	**90**
Total fat	3.5 g
Saturated fat	2 g
Sodium	210 mg
Total carbs	12 g
Fiber	4 g
Total sugars	4 g
Protein	5 g

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