

# ZESTY CAULIFLOWER MASH

Zesty Cauliflower Mash

*Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 6 (Serving= 1/2 cup)*

## **Nutrition (per serving)**

Calories: 71	Total Carbohydrate: 8
Total Fat: 4 g	Dietary Fiber: 3 g
Saturated Fat: 1 g	Protein: 3 g
Sodium: 131 mg	

## **Ingredients**

- 8 cups raw cauliflower florets
- 2 Tablespoons light ranch salad dressing (check to make sure gluten free for GF version)
- 3 Tablespoons light, trans fat free tub margarine
- 1 clove garlic, chopped
- ¼ teaspoon black pepper
- 3 Tablespoons green onion (optional)

## Directions

1. Place cauliflower florets in a large microwavable bowl and fill 1 inch with water. Microwave approximately 10-15 minutes or until very tender.
2. Drain any excess liquid and transfer to a pot or bowl.
3. Add the dressing, margarine, garlic and pepper.
4. Mash with a potato masher until cauliflower is light and fluffy. If you desire a smoother texture, you can put the cauliflower in a blender or food processor.
5. Sprinkle with onions. Serve.