



Weight Loss Done Right!

Garlic Mashed Cauliflower

Ingredients:

- 1 head of garlic
- 4 tbsp. olive oil
- 1 head of cauliflower cut into florets
- ¼ c. milk
- 1½ tsp. rosemary
- 1½ tsp. thyme
- 1-2 tsp. salt
- 1 pinch black pepper

Directions:

1. Preheat oven to 400F.
2. Cut end of garlic head. Drizzle 1 tbsp. olive oil and sprinkle a pinch of salt on top.
3. Wrap garlic tightly with aluminum foil and bake in preheated oven for 35-45 minutes, or until cloves become soft.
4. Remove 3-4 garlic cloves by scooping them out with a spoon.
5. Bring a large pot of water to a boil. Boil cauliflower for 10-12 minutes.
6. Drain water and place cauliflower on a clean towel and dry cauliflower completely before proceeding.
7. In a food processor, combining cauliflower, milk, 3 tbsp. olive oil, roasted garlic cloves, salt and pepper.
8. Puree for 2-3 minutes or until mashed cauliflower is completely smooth. Be sure to scrape down the sides of the bowl every 30-45 seconds to ensure even pureeing.
9. If mashed cauliflower has cooled too much, return it to the pot and heat it to your desired temperature.
10. Enjoy! You can always use this as a dinner side dish, or top it off with some Diet Right Potato Stew or Aged Cheddar Cheese!

Servings: Makes 6 servings. Measure for your daily select vegetable, and also count as half of your daily healthy fats and salt content.

Recipe courtesy of Evolving Table.

716-320-1515
www.TheDietCenter.com