

Cheesy Cauliflower Mash

From *–The Skinnytaste Cookbook*

7 cups cauliflower florets
4 garlic cloves, crushed
1/3 cup 1% buttermilk
1 Tbsp unsalted whipped butter
¾ tsp kosher salt
freshly cracked black pepper
1 Tbsp finely chopped fresh chives
1/3 cup shredded reduced-fat cheddar cheese

- Bring a large pot of water to a boil.
- Add the cauliflower and garlic and cook until the cauliflower is soft, 15-20 minutes.
- Drain and return to the pot.
- Add the buttermilk, butter, salt, and black pepper to taste.
- Using an immersion blender puree the cauliflower.
- Stir in the chives and cheddar cheese.
- Serve hot.



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