

Creamy Cauliflower Mash with Kale

From *–The Skinnytaste Cookbook*

6 cups cauliflower florets
4 tsp unsalted butter
3 cups chopped kale
4 cloves garlic, crushed
2 chopped scallions
1/3 cup fat free milk
kosher salt and pepper to taste

- Put the cauliflower in a medium pot and cover with cold water by at least an inch. Add salt and bring to a boil. Cook, covered until fork tender about 6-8 minutes. Drain in a colander.
- In the same pot, melt 1 tsp butter over medium high heat and add the garlic and scallions, cook 30 seconds, add the kale, ¼ tsp salt, cover and cook until wilted, 6-7 minutes.
- In a blender, puree the cauliflower with milk, transfer to the pot with the greens and add 2 tsp butter, ¼ tsp salt and pepper, keep warm.
- To serve transfer to a bowl and top with remaining tsp butter.



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