

# Creamy Mashed Cauliflower

*From – eatingwell.com*

8 cups bite-size cauliflower florets (about 1 head)  
4 cloves garlic, crushed and peeled  
1/3 cup nonfat buttermilk  
4 tsp extra-virgin olive oil, divided  
1 tsp butter  
1/2 tsp salt  
freshly ground pepper to taste  
snipped fresh chives for garnish

- Place cauliflower florets and garlic in a steamer basket over boiling water. Cover and steam until very tender, 12 to 15 minutes. (Alternatively, place florets and garlic in a microwave-safe bowl with ¼ cup water. Cover and microwave on high for 3 to 5 minutes.)
- Placed the cooked cauliflower and garlic in a food processor.
- Add buttermilk, 2 tsp oil, butter, salt and pepper. Pulse several times, then process until smooth and creamy.
- Transfer to a serving bowl. Drizzle with the remaining 2 tsp oil and garnish with chives, if desired.



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