

Mashed Cauliflower with Parmesan

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Servings: 6

*1 large head (2.5 pounds)
cauliflower, broken into
florets
1 cup shredded Parmesan
cheese, divided
1/3 cup heavy whipping
cream or half-and-half
1 tablespoon butter
minced fresh parsley
(optional)*

Place one inch of water and the cauliflower into a large saucepan. Bring to a boil over high heat. Cook, covered, until very soft, 10 to 12 minutes. Drain.

Mash the cauliflower to the desired consistency. Stir in 1/2 cup of the cheese, cream, butter and pepper.

Sprinkle with the remaining 1/2 cup of cheese and, if desired, the parsley.

Per Serving (excluding unknown items): 76 Calories; 6g Fat (65.2% calories from fat); 5g Protein; 1g Carbohydrate; trace Dietary Fiber; 15mg Cholesterol; 251mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 1/2 Fat.