

# Recipe for

## **GARLIC CAULIFLOWER MASHED POTATOES**

EQUIPMENT NEEDED medium pot or steamer, cutting board, knife,  
blender or potato masher, clean towel, strainer, large bowl

SERVES 4 ESTIMATED COST \$5.87 COST PER SERVING \$1.47

### **INGREDIENTS**

- 1 medium head cauliflower, cut into bite-sized pieces
- 2 cloves garlic, chopped or 1/4 tsp garlic powder
- 2/3 cup potato flakes
- 1/4 tsp salt, or to taste
- ground black pepper, to taste
- 1 tbsp unsalted butter
- 1/4 cup heavy cream or milk
- 2-3 tbsp fresh parsley, chopped (optional)

### **METHOD OF PREPARATION**

1. In a medium pot over high heat, bring cauliflower and water to a boil. Cook 5-10 mins or until tender. Alternatively, steam cauliflower until tender, about 5-10 minutes.
2. Remove 1/3 cup of the water and set aside. Drain the cauliflower and remove excess water by using a clean towel to absorb some of the moisture. (If using a steamer, gather 1/3 cup of hot water).
3. Add cauliflower, 1/3 cup water, garlic, potato flakes, salt, and pepper to a large bowl and mash with a potato masher until smooth (or add to a blender and blend on medium to high until smooth). Taste and adjust seasonings.
4. Place mixture in serving bowl. Add butter, cream, and parsley and stir to combine. Enjoy!

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## NUTRITION INFORMATION

### Garlic Cauliflower Mashed Potatoes

## Nutrition Facts

Serving Size: 1 Serving

Amount Per Serving		% Daily Value*
<b>Calories</b>	144.2 kcal	7 %
<b>Total Fat</b>	8.7 g	13 %
Saturated Fat	5.4 g	27 %
Trans Fat	0.3 g	
<b>Cholesterol</b>	24.4 mg	8 %
<b>Sodium</b>	202.1 mg	8 %
<b>Total Carbohydrate</b>	14.9 g	5 %
Dietary Fiber	3.6 g	14 %
Sugars	3.5 g	
<b>Protein</b>	4.1 g	8 %
Vitamin A	6 % • Vitamin C	134 %
Calcium	5 % • Iron	5 %

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## HEALTH BENEFITS

**Garlic** - contains the compound allicin known for its power to fight against bacteria, fungi, parasites, and viruses. Garlic is also associated with reduced risk of cancer and reduces the likely of blood clots forming.

## HEALTH BENEFITS

**Cauliflower** - high in choline which is a nutrient that supports the integrity of cell membranes, the synthesis of DNA, and metabolism. This nutrient aids in brain development and a healthy nervous system.



## References:

1. Recipe provided by Reanetta Perkins

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