



ROASTED CAULIFLOWER MASHED POTATOES

Roasted cauliflower adds both flavor and added nutrition to this holiday staple. Cauliflower is low in calories, but full of vitamins and minerals needed to maintain a healthy body. It is also high in fiber, making it great for overall health and helping reduce the risk of several illnesses like heart disease, cancer and diabetes.

Serves 6

Ingredients

- 1-pound Russet potatoes, chopped
- 1-pound cauliflower florets
- Olive oil cooking spray
- ½ cup warm 2% milk
- 2 tablespoon unsalted butter
- ½ cup white cheddar cheese, shredded
- ½ teaspoon salt
- ¼ teaspoon black pepper

Directions:

- Preheat oven to 400°F. Line 2 baking trays with parchment paper.
- Coat cauliflower florets with cooking spray; roast for 15 minutes or until browned.
- Meanwhile, boil potatoes for 15 minutes or until tender. Drain and mash.
- Place roasted cauliflower in a food processor; process until smooth. Fold cauliflower into potatoes. Add milk, butter, cheddar cheese, salt, and pepper; stir well.

Recipe adapted from <https://www.myrecipes.com/recipe/roasted-cauliflower-mashed-potatoes>

Nutrition Information / Amount Per Serving (2/3 cup):

Calories: 175
Total fat: 7.9g
Saturated fat: 4.6g
Sugar: 3.3g

Protein: 6.3g
Carbohydrates: 21.3g
Dietary Fiber: 3.3g
Added sugar: 0g

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