

Creamy Cauliflower Mash



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Recipe by: Laura Vitale

Serves 6

Prep Time: 10 minutes

Cook Time: 10 minutes

Ingredients

__ 1 Large Head of Cauliflower, cleaned and florets prepped

__ 1 Medium Russet Potatoes, peeled and diced

__ 4 oz of Cream Cheese Softened at room temperature

__ 4 oz of Sour Cream

__ Salt and Pepper, to taste

__ Freshly Grated Parmigiano

1) Add the florets and potatoes to a saucepan, cover them with water add a pinch of salt, bring to a boil and cook for 10 minutes.

2) Drain the veggies well then place them back in the pot with the heat on low and stir them around for about 30 seconds (this is to cook out any remaining water) then place them in a bowl that has been lined with a lint free kitchen towel, wrap the top and let them sit for about 5 minutes.

3) Remove the towel, add the cream cheese, sour cream, parm, salt and pepper and using an immersion blender, puree everything until nice and smooth!

