

Eat Smart • Move More

Cauliflower Mashed “Potatoes”

Prep Time: 5 minutes

Total Time: 10 minutes



Ingredients

- 1 head cauliflower, chopped
- 8 ounces light sour cream
- ¼ cup parsley, chopped
- 1 teaspoon onion powder
- ¼ cup breadcrumbs

Nutrition Facts

4 servings per container	
Serving size	1 serving
	(221.47g)
Amount per serving	
Calories	140
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 220mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes g of Added Sugars	
Protein 7g	
Vitamin D 0mcg	0%
Calcium 136mg	10%
Iron 1mg	6%
Potassium 478mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

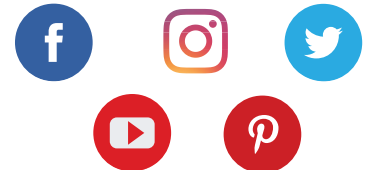
Directions

- Boil, steam, or microwave cauliflower until soft. Drain well.
- Place cauliflower in a bowl and mash until smooth.
- Add sour cream, parsley, and onion powder to mashed cauliflower. Stir until well mixed.
- Place mashed cauliflower mixture into a baking dish. Sprinkle with breadcrumbs. Broil for 3-5 minutes or until breadcrumbs begin to brown.

Quick Tips

- ▶ You can use 2 16-ounce bags of frozen cauliflower florets in place of a head of fresh cauliflower.
- ▶ For a smoother consistency, use a blender or food processor to puree cauliflower, sour cream, parsley, and onion powder before baking.

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(Recipe adapted from North Dakota Extension Service, as listed at: <https://www.ag.ndsu.edu>.)

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