

Mashed Cauliflower

Taste of Home August 2020

*6 cups cauliflower florets
1/2 cup Swiss cheese,
shredded
3 tablespoons milk
1 tablespoon butter
salt (to taste)
pepper (to taste)
garlic powder (to taste)*

In a large saucepan, bring one-inch of water to a boil. Add the cauliflower. Cook, covered, until very tender, 8 to 12 minutes. Drain.

Mash the cauliflower. Add the Swiss cheese, milk, butter, salt, pepper and garlic powder.

Per Serving (excluding unknown items): 343 Calories; 29g Fat (74.7% calories from fat); 18g Protein; 4g Carbohydrate; 0g Dietary Fiber; 89mg Cholesterol; 287mg Sodium. Exchanges: 2 Lean Meat; 0 Non-Fat Milk; 4 1/2 Fat.