

Quick-Mash Cauliflower

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Servings: 4

4 cups chopped cauliflower

2 tablespoons water

*4 ounces cream cheese,
cubed*

1 tablespoon butter

2 green onion, chopped

salt (to taste)

pepper (to taste)

In a microwave-safe bowl, place the cauliflower and water. Microwave for 6 to 7 minutes until tender. (Do not drain.)

Add the cream cheese and butter. Mash until smooth.

Stir in the green onions.

Season with salt and pepper.

Per Serving (excluding unknown items): 127 Calories; 13g Fat (88.8% calories from fat); 2g Protein; 1g Carbohydrate; trace Dietary Fiber; 39mg Cholesterol; 114mg Sodium. Exchanges: 1/2 Lean Meat; 0 Vegetable; 2 1/2 Fat.