

## Not Mashed Potatoes



### Ingredients:

- 2 heads of cauliflower, cored, cleaned and cut into 1-inch pieces
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons rosemary, coarsely chopped or 1 teaspoon dry
- 3 cloves garlic, finely chopped
- 1/2 cup nonfat Greek yogurt, plain
- 1/4 cup grated Parmesan cheese
- 1 teaspoon unsalted butter, room temperature
- Salt and pepper to taste

### Directions:

1. Bring 1 cup water to a boil. Place cauliflower in the boiling water and cover until cauliflower is soft, about 5-7 minutes.
2. Strain the cauliflower from the water and place on a towel to dry for 5 minutes.
3. Combine the oil, rosemary and garlic in a skillet. Cook over medium-low heat until the garlic begins to brown, about 3 minutes.
4. Place the garlic mixture, cauliflower, yogurt, and Parmesan in a food processor or blender.
5. Blend the mixture until the mixture is smooth.
6. Place cauliflower mixture into a serving bowl. Add salt and pepper to taste. Stir in the butter just before serving.
7. Refrigerate uneaten portions.

Makes 4 Serving



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