



Nov 12, 2019

## Mashed Cauli Taters

*Serves:* 8 | *Serving Size:* 1 cup  
*Total Time:* 40 min | *Prep:* 10 min |  
*Cook:* 30 min



### *Ingredients:*

1 pound yukon gold potatoes  
1 pound frozen cauliflower florets  
1 teaspoon butter  
1/4 teaspoon black pepper  
1/2 teaspoon garlic powder  
1/4 cup skim milk

### *Directions:*

Peel the potatoes and cut them in quarters. Cook them together with the cauliflower in boiling water until they are very tender, about 25-30 minutes.

Drain off the water, mash the vegetables with a potato masher and then whip smooth with an electric beater. Add the butter, seasonings, and skim milk.

Dab with additional butter or margarine. Serve hot.

Serves 8. Each 1 cup serving: 74 calories, 1g fat, 0g saturated fat, 0g trans fat, 1mg cholesterol, 18mg sodium, 15g carbohydrate, 2g fiber, 2g sugars, 2g protein.

### **Allergens:** Milk

\* Reported allergens are based on listed ingredients in the recipe. If you are purchasing commercially packaged products such as pie crusts, cereal, or pasta, you need to read the label for additional allergen information.

© Food and Health Communications