

# Cauliflower Mash

## Ingredients (4 servings)

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 1 clove garlic, smashed
- 1/4 cup grated Parmesan cheese
- 1 tablespoon reduced-fat cream cheese
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper



## Directions

- Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.
  - Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.
  - Transfer the cauliflower to a food processor; cover and blend until creamy. Then add the garlic, parmesan cheese, cream cheese, salt, and pepper and blend everything together.
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