

Cauliflower Mashed Potatoes

Ingredients:

- 1 head cauliflower
- 1 container low-fat sour cream (8-ounce)
- 1 teaspoon onion powder
- 1/4 cup chopped parsley
- 1/4 cup breadcrumbs

Equipment:

- Steamer or microwave oven
- Oven safe dish
- Medium bowl
- Potato masher or fork
- Mixing spoon
- Measuring cups
- Measuring spoons

Number of Servings: 4
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Hold cauliflower by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts.
2. Place the cauliflower in a steamer over water, and cook until soft (can also microwave until tender, 8 to 10 minutes).
3. Place the cauliflower in a large bowl and mash with a fork or potato masher until smooth. Set aside.
4. Remove stalks from parsley and chop into small pieces. Add to a separate bowl.
5. Add sour cream, onion powder to parsley and mix well.
6. Add the sour cream mixture to the mashed cauliflower, and mix well.
7. Spoon the cauliflower mixture into a baking dish.
8. Sprinkle with the breadcrumbs.
9. Broil the cauliflower for 10 minutes or until the breadcrumbs begin to brown.

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Nutrition Facts			
Serving Size: 1/2 cup			
Servings: 4			
Amount Per Serving			
Calories 45	Calories from Fat 9		
		%Daily Value*	
Total Fat 1g			1%
Saturated Fat trace 1g			1%
Cholesterol 2mg			1%
Sodium 77mg			3%
Total Carbohydrate 8g			3%
Dietary Fiber 1g			4%
Protein 2g			4%
Vitamin A 4%	Vitamin C 28%		
Iron 4%	Calcium 4%		

*Percent Daily Values are based on a 2,000 calorie diet.

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