



Twice Baked Cauliflower Mash by Sandi

Cauliflower is one of those veggies that besides having vitamins, minerals and fiber, is also a protein rich, low carb vegetable. When I think mashed potatoes might make a good side dish I make these instead. Doesn't take long and the taste is worth the effort.

Ingredients:

- 16 ounces cauliflower florets
- 1/8 cup of almond milk
- 1 Tablespoon Brummel and Brown's "yogurt butter"
- 1 ounce Fat Free shredded cheddar cheese
- Sea Salt
- Pepper
- Garlic powder
- Add some red chili or chipotle chili flakes if you like it spicy
- 2 Tablespoons grated parmesan cheese

Directions:

1. Steam cauliflower in a pot until soft
2. Drain and mash with a fork
3. Add all ingredients except the parmesan cheese and mash together thoroughly
4. Spray the bottom of a 8x8 casserole dish (or brownie pan) with non stick spray and add the mashed cauliflower mix spreading evenly
5. Top with the 2 T of parmesan cheese
6. Bake in a preheated 350 degree oven for about 15 minutes - you may want to broil for the last few minutes to brown the top lightly
7. Serve and enjoy as a side to any meat, poultry or fish

Nutrition: Makes 4 servings each with approximately

- **64 calories and**
- **5.5 grams protein**