Creamy Mashed Cauliflower
Mashed cauliflower is a welcome, detoxifying change from our typical mashed potatoes. Serve with roast chicken or turkey and cranberry relish for a holiday meal any time of the year.

Ingredients
1.5 lbs cauliflower (one head is perfect)
1-2 cloves garlic, peeled
¼ - ⅓ cup Vegenaise or mayonnaise
⅛ - ⅜ teaspoon salt or Herbamare
Freshly ground black pepper, to taste

Directions
1. Bring medium to large pot of water to a boil.
2. Add cauliflower and garlic.
3. Cook for 15 minutes or until tender, drain.
4. In a food processor, process cauliflower, garlic, Vegenaise (or mayonnaise), salt (or Herbamare) until creamy.
5. Season with pepper, if desired

Recipe adapted from the Washburn Culinary Institute – Fall 2006 Culinary Cook Shop for the American Dietetic Association Food and Culinary Professionals Dietetic Practice Group