

Mashed Cauliflower

Adapted by Nadia Vidas, RD from inspiredtaste.net

Are you wanting to try a new type of mashed potatoes? Try substituting potatoes with cauliflower! Cauliflower abundant in nutrients and also rich in fibre. Variety is important to our diet as it's difficult to obtain all our nutrients if we eat the same foods all the time. So spice things up and give mashed cauliflower a try!

1	cauliflower head, cut into florets
1.5 ounces (40 grams)	cream cheese
	salt and pepper
a pinch	nutmeg (optional)

How to make it:

- 1. Bring a large pot of salted water to a boil. Cut cauliflower into florets then add to boiling water and cook 8 to 10 minutes or until a fork can easily be pierced through the cauliflower. Drain the cauliflower, and then throw back into the hot pot (off the heat) and cover with lid. Let stand 2 to 3 minutes..*
- 2. Add the cream cheese, a pinch of salt and freshly ground black pepper to the cauliflower. Then, use a potato masher to smash the cauliflower. Finish with a pinch of nutmeg. (If you have whole nutmeg, just grate a little over the cauliflower using a microplane).*

Serves 4