



### **Mashed Cauliflower Potatoes**

- 1 large head of fresh cauliflower, chopped
- 2 tbsp butter
- 4 tbsp sour cream, fat-free
- 2 tbsp grated Parmesan cheese
- Salt, pepper, garlic powder to taste (optional)

Bring 2 quarts of water to a boil in a large pan; add cauliflower. Cook until tender. Drain well and transfer to a large bowl. Add other ingredients. Use a hand mixer to blend until smooth and creamy. Serve warm. Makes 8 servings.

Nutrition information per serving: 50 calories, 2 grams protein, 3 grams fat, 4 grams carbohydrate, 54 mg sodium.