

# Mashed Cauliflower

Serves: 4



Prep:

Cook:

Ready:

Serving Size:

15 minutes 30 minutes 45 minutes

3/4 cup

## Description:

Looking for warm winter comfort food that's a little more exciting than plain old mashed potatoes? Scented with nutmeg and thyme, this creamy cauliflower puree offers a generous dose of cell-protective antioxidants and powerful phytochemicals, including cancer-protective isothiocyanates and indoles. If you can find golden cauliflower (sometimes called "cheddar" cauliflower), it will make a beautifully tinted mash. For a cheese-like accent, try garnishing the puree with a sprinkle of nutritional yeast.

## Ingredients:

6 1/2 CUPS cauliflower florets	1/8 TEASPOON fine sea salt
1 medium head cauliflower, about 2 lbs	1/8 TEASPOON freshly ground pepper
1 CUP chopped onion	PINCH freshly ground nutmeg
1/2 TEASPOON garlic powder	1 TABLESPOON cornstarch
1 CUP unsweetened soy milk	1 TABLESPOON finely chopped chives/or nutritional yeast garnish, optional
1 TEASPOON fresh thyme <i>chopped</i> or 1/2 teaspoon dried thyme	

## Directions:

- 1 In a large saute pan, combine onions with 1/4 cup water over high heat. Bring to a boil. Reduce heat to medium. Cook, stirring frequently, until onions are tender and liquid has evaporated, about 10 minutes. Add soymilk, garlic powder, thyme, salt, pepper and nutmeg. Bring soymilk to a simmer. Be careful not to boil. Dissolve cornstarch with 1 Tablespoon water in a small bowl. Whisk dissolved cornstarch into the onion mixture. Cook about 2 minutes, whisking frequently, until mixture is thick and creamy. Remove from heat. Set aside.
- 2 Place a vegetable steamer basket in a saucepan and add water to just below bottom of steamer basket. Over high heat, bring water to a boil. Add cauliflower florets, cover, and steam until tender, about 8 to 10 minutes. (You may need to steam cauliflower in batches, depending on the size of your steamer.) Remove strainer basket. Discard steaming water from the pot.
- 3 Place steamed cauliflower back into the empty pot. Add white sauce to the cauliflower. Using a hand masher, sturdy whisk, or immersion blender, mash the cauliflower to desired consistency. Alternatively, blend in food processor fitted with metal blade.

## Nutrition Facts

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### Amount Per Serving

<b>Calories</b> 70	Calories from Fat 9
<b>% Daily Value*</b>	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 221mg	<b>9%</b>
<b>Total Carbohydrate</b> 12g	<b>4%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 4g	
<b>Protein</b> 6g	<b>12%</b>

**Excellent Source of:** Fiber, Vitamin B1, B2, B3, B6, B12, Vitamin C, Folate, Potassium  
**Good Source of:** Phosphorus

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

- 4 Taste for seasoning, adding more thyme, salt, pepper, or nutmeg, as needed. Serve warm with a sprinkle of chives and/or nutritional yeast, if desired.

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