



Cauli-Tater Mash

Ingredients:

1 pound potatoes, diced (peeled, optional)
1 pound cauliflower (about 3 cups, 1 head or 1
12-16oz. bag frozen florets)
1 Tablespoon roasted garlic, or garlic powder
Salt and pepper to taste
Cooking water, for texture

Prep time: 10 minutes

Cook Time: 50
minutes

Makes 6 – ½ cup
servings

Directions:

1. To steam: Place potatoes in a metal strainer that will fit inside of your biggest pot. Fill the bottom of the pot with water, not touching the strainer. Bring the water to a boil, add the strainer with potatoes. Steam, covered for 10 minutes. Add the cauliflower, steam for 10 more minutes.
2. To boil: Bring a pot of water with salt to a boil – add the potatoes and cauliflower and boil for about 15 minutes. Drain into a bowl to save the cooking liquid.
3. Add the garlic, salt and pepper. To mash, use a ricer (best results), potato masher or an electric hand mixer. Add enough cooking liquid to reach your desired texture.

Tips:

- The best potatoes to use are russet potatoes, but red potatoes will work if you are not using a food processor.
- Steaming the potatoes and cauliflower keeps the potassium from the potatoes – when boiling, it absorbs into the water.
- Cut cauliflower and potatoes into similar size pieces for even cooking.
- If using frozen cauliflower, thaw first.
- To roast garlic, cut the top 1 inch off the top of a head of garlic. You should see all the cloves. Drizzle with olive oil and wrap in foil. Bake for at least 40 minutes at 400 degrees. It is done with a center clove is very soft. You will want to make more than you think you need – trust me!