Simple Cauliflower Mash
Serves 4-6

Ingredients
- 1 head cauliflower (roughly chopped into florets (about 3 cups)
- 2 tablespoons extra virgin olive oil
- 1-2 cloves garlic (start with 1)
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions
1. Steam cauliflower for 7-8 minutes, until fork tender. Set aside and let cool.
2. In a food processor, add cooled cauliflower, garlic, olive oil, salt and pepper. Puree until smooth. Add more salt and pepper to taste, or more olive oil to make it creamier.

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