

Simple Cauliflower Mash

Serves 4-6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE



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.

Recipe from Cooking Well Berkeley class: Extra Recipes, Fall 2014