

## **MASHED CAULIFLOWER**

(based on a recipe from *EatingWell.com*)

8 cups bite-size cauliflower florets (about 1 head)

3 cloves garlic, peeled

1/4-1/3 cup buttermilk

1-2 Tablespoons plain yogurt

3 teaspoons extra-virgin olive oil

1/2 teaspoon salt

freshly ground pepper to taste

snipped fresh chives, for garnish

Place cauliflower florets and garlic in a steamer basket over boiling water, cover and steam until very tender, 15-20 minutes.

Place cooked cauliflower and garlic in a food processor. Add buttermilk, yogurt, olive oil, salt and pepper; pulse several times, then process until smooth and creamy. Add more buttermilk or yogurt until desired consistency. Garnish with chives and serve hot.