

# Mashed Roasted Cauliflower & Garlic

Yield: 4 Servings

## Ingredients:

2 Heads Cauliflower, chopped  
4 Heads Garlic, cloves peeled  
2 T Olive or Coconut Oil  
1/2 t Sea Salt, 1/2 t Pepper  
2 T Cream Cheese  
2 T Parmesan Cheese  
1/2 t Celery Salt  
1 t Dill, dried (or 1/2 cup fresh dill)



Directions: Preheat oven to 400. Place cauliflower, garlic and oil on baking pan (do not overcrowd). Sprinkle with salt and pepper. Roast, stirring 1-2 times throughout to avoid burning for 30-35 minutes or until cooked through. Add to blender with remaining ingredients and whirl on high until blended (for smooth consistency) or pulse (for chunky consistency). Thin with milk as needed (will depend on water content of cauliflower)



Recipe by: Beth Michaels, RD, CDE

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**Nutrition Information per serving  
(Per ~1/2 cup):**

**Mashed Potatoes**

**Calories: 90**

**350 calories**

**Fat: 5 grams**

**25 g**

**Carbohydrates: 9 grams**

**32 g**

**Fiber: 3.5 grams**

**6 g**

**Protein: 4.5 grams**

**7 g**

**Sodium: 380 mg**

**1,000 mg**

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