



St. Charles Hospital
Catholic Health Services
At the heart of health

Mashed Cauliflower

Ingredients

Yield 8 portions

1 each	Cauliflower head, cut into florettes
1 each	Onion, diced
4 cloves	Garlic, minced
1 tbl	Basil, fresh chopped
1 tbl	Extra virgin olive oil
2 tbl	Yogurt, non fat
1 tsp	Fresh cracked black pepper
1 tbl	Chives, chopped

Method

- Combine in large bowl cauliflower, onion, garlic, basil, olive oil, season lightly with kosher salt and black pepper. Gently toss.
- Lay out on shallow rim baking sheet in single layer and roast at 400° until golden and just done.
- Place into food processor and pulse until smooth.
- Slowly add yogurt, adjust to correct consistency.
- Add chives and fresh cracked black pepper.
- Adjust seasoning, serve immediately.

