

# **Garlic Mashed Cauliflower**

**Prep Time: 10 minutes**

**Cooking Time: 10-12 minutes**

**Serves 4**

## **Ingredients**

1 medium head of cauliflower, trimmed and cut into bite-sized florets

2 cups organic low sodium chicken broth

1 medium garlic clove, minced

½ tablespoon butter

2 oz. Neufchâtel cheese

½ teaspoon salt

1 tablespoon fresh chives (optional)

(Note: Using only the florets makes the mashed cauliflower smooth and creamy)

## **Directions**

1. In a medium saucepan, pour in chicken broth and 4 cups water. Bring to a boil. Add cauliflower and cook 10-12 minutes until tender; drain but leave in pot.
2. Meanwhile, in a small skillet, melt butter over medium heat. Add garlic and sauté until tender, fragrant and lightly browned.
3. To the pot of drained cauliflower, add sautéed garlic, Neufchâtel cheese and salt. Beat with a hand mixer until smooth until smooth and creamy (this can also be done in a food processor).
4. Transfer to a serving bowl. Garnish with chives and serve.