

# FOOL 'EM VEGGIES

## Whipped Cauliflower

*For those of you out there who like a little garlic in their food now and again, especially in your potatoes, why not substitute cauliflower for potatoes?*

1 medium head cauliflower, leaves and core removed.

1/4 cup light sour cream.

1/4 cup low-fat cottage cheese.

1 teaspoon garlic powder **or** 1 clove minced garlic

Freshly ground pepper, salt, and crushed dried basil, to taste.

Use a microwave-safe steamer to steam your cauliflower. Set your microwave to high and cook for 10 minutes until the cauliflower is soft.

Break the cauliflower in to big pieces, and place them in a food blender with the rest of your ingredients.

Blend the ingredients until it becomes a smooth mash like mashed potatoes.

Adjust the seasoning to your taste

Serves 4.

Nutrients per serving: Calories, 86; Fiber, 5.3 g; Protein, 7.13 g; Fat, 1.74 g

**Recipe source: Food Literacy**

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Placed on Web by Susan Reece, 12-2007.