

## **Mashed “Potatoes”**

Serves 4

4 Cups cauliflower florets  
1-ounce butter flavored cooking spray  
1 fluid ounce fat-free half-and-half  
1 pinch salt  
1 pinch freshly ground black pepper

### **DIRECTIONS**

1. Steam or microwave the cauliflower until soft. Puree in a food processor, adding the butter spray and the half-and-half to taste. Season with salt and pepper.

### **NUTRITION INFORMATION**

Servings Per Recipe: 4

#### **Amount per Serving**

Calories: 56

- **Total Fat:** 3.1g
- **Cholesterol:** 1mg
- **Sodium:** 232mg
- **Total Carbs:** 6.1g
- **Dietary Fiber:** 2.6g
- **Protein:** 2.3g