

Cupid's Cauliflower



A great substitute for carbs and mashed potatoes. Steamed cauliflower is smashed and mixed with milk, Parmesan cheese and salt and pepper.

Serves 6

1 large cauliflower head, cut into florets

water

salt and pepper

1/3c milk, cream or half and half

1/2c Parmesan cheese, grated

1 pinch Cayenne pepper

Steam cauliflower until cooked through. Drain liquid from pot.

Place cauliflower into large bowl. Mash well with 2 forks or 2 knives.

Add remaining ingredients and blend well.

Prepare Ahead Tip

Cauliflower can be made ahead, smashed and garnished. Keep refrigerated. Microwave until heated throughout.