



Miracle Mashies



1/5th of recipe (about 2/3 cup): 82 calories, 1g total fat (<0.5g sat. fat), 168mg sodium, 16g carbs, 3g fiber, 2g sugars, 3g protein

Prep: 10 minutes **Cook:** 25 minutes



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Ingredients

One 12-oz. russet potato
3 cups cauliflower florets
3 tbsp. fat-free half & half
1 tbsp. light whipped butter or light buttery spread
1/4 tsp. salt, or more to taste
Optional seasoning: black pepper

Directions

Bring a large pot of water to a boil. Meanwhile, peel and cube potato.

Add cauliflower and cubed potato to boiling water. Once returned to a boil, reduce heat to medium. Cook until potatoes and cauliflower are very tender, 15 to 20 minutes.

Drain and transfer cauliflower and potato to a large bowl. Add half & half, butter, and salt. Thoroughly mash and mix. Enjoy!

MAKES 5 SERVINGS

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