

## GARLIC MASHED POTATOES AND CAULIFLOWER

*Want all the potatoes but with less calories? Try this lower-carb mashed potato and cauliflower recipe that has the same flavor as traditional mashed potatoes without all the calories and carbs.*

Yield = 10, 1 cup servings

### Ingredients

1 Head **cauliflower**, chopped  
1 lb. **russet potatoes**, peeled and cubed  
1/4 cup **olive oil**  
2 tablespoons **butter**  
1 teaspoon **garlic powder**  
1/4 cup **1% milk** (warmed)  
1/4 cup **light sour cream**  
**Salt** and **Pepper** to taste

### Instructions

1. In a large pot, boil water. Add potatoes and cauliflower and boil until tender.
2. Drain the cauliflower and potatoes and use a potato masher to mash them.
3. Add in oil, butter, garlic powder, warmed milk, and sour cream. Mix through and season with salt and pepper to taste.
4. Serve warm.

Per 1 cup Serving- Calories 130, Saturated Fat 2.5g, Sodium 15 mg, Added Sugar 0g



Recipe featured in the December 2020 issue of  
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