

BEYOND HUNGER

Cauliflower-Potato Mash

The holidays are loaded with carbohydrate-rich foods. Although carbohydrates are an important nutrient for human health, too much in one sitting can cause blood sugar spikes in people with diabetes. Incorporating mashed cauliflower into mashed potatoes decreases the carbohydrates while adding a nice dose of fiber and more than half your day's need for Vitamin C. Cooking the cauliflower until very soft is the secret to this recipe!

Yields: 6 servings

Serving Size: ½ cup

Ingredients:

- 1 pound **Yukon Gold potatoes**, peeled and cut into 1-inch pieces
- 1 pound **cauliflower**, rinsed and cut into small florets
- 3 tbsp **light sour cream**
- 2 tbsp **butter or olive oil**
- 1 tsp **salt**
- ¼ tsp ground **black pepper**
- 1 tbs **finely chopped fresh chives**

Instructions:

1. Place potatoes and cauliflower in a medium saucepan and cover with cold water. Bring to a boil over high heat. Reduce heat to medium and simmer until tender, about 20 minutes. Drain and return the vegetables to the pot. Remove extra water by heating over medium-high heat, stirring often, until dry, about 3 minutes.
2. Mash the vegetables with a potato masher or mix with a hand mixer. Add sour cream and butter (or oil) and mash until mostly smooth. Stir in salt and pepper. Taste and adjust seasonings. For a creamier mash, add low sodium broth in ½ cup additions until the desired consistency is reached. Transfer to a large serving bowl and sprinkle with chives.

Per Serving: Calories 126 kcal, Carbohydrates 17.5g, Protein 3.2g, Saturated Fat 1.2g, Sodium 238.9mg, Fiber 3.1g, Sugars 2.1g

This recipe was adapted from Eating Well magazine

<https://www.eatingwell.com/recipe/275777/mashed-cauliflower-yukon-golds/>



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