Roasted Garlic Mashed Cauliflower- 6 servings (like mashed potatoes)

Recipe by Dara Gurau, RD
Per Serving: 90 Calories, 2.5 gm Protein, 2.5 gm Fat, 15 gm Carbohydrates

5 cup cauliflower florets
1 head garlic
1 tablespoon vegetable broth
1 tablespoon olive oil
2 onions, thinly sliced
2 tablespoon brown sugar
1 tablespoon balsamic vinegar
¼ teaspoon salt
1/8 teaspoon pepper

Directions

1. Preheat oven to 400 F.
2. Cut top off the garlic and wrap in foil. Place in oven and bake for about 50-60 minutes or until soft. Remove from oven and let cool.
3. Place cauliflower florets into a large pot and cover with water. Bring to a boil and then turn heat down to low to simmer for about 15 minutes until fork tender. Drain and place back into pot. Squeeze garlic into pot and puree with immersion blender until smooth. Add 1 Tbsp stock or more until desired texture is reached. Taste and season with salt and pepper.
4. Meanwhile, add olive oil to non-stick skillet and heat over medium high heat. Add onion and sauté about 10-15 minutes until soften. Add brown sugar and vinegar and turn down to low and continue to cook until caramelized for about 20 minutes.
5. Spread cauliflower into serving dish, cover with onions.

Nutrition Facts

Serving Size (157g)
Servings Per Container

Amount Per Serving

Calories 90   Calories from Fat 25

	% Daily Value*
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 135mg	6%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	12%
Sugars 10g	
Protein 2g	

Vitamin A 0%	•	Vitamin C 80%	
Calcium 4%	•	Iron 4%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
   Fat 9 • Carbohydrate 4 • Protein 4