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DELICIOUS FAT BURNING
THANKS GIVING
RECIPES

MASHED CAULIFLOWER





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GARLIC & HERB MASHED CAULIFLOWER



INGREDIENTS:

- 1 head Cauliflower, washed, and cut into florets
- 1 Tbsp fresh Rosemary, chopped
- 1 Tbsp fresh Thyme, chopped
- 1 Vidalia Onion, chopped
- 2 Tbsp Unsalted Butter
- 3 cloves Garlic, minced
- 1 tsp Black Pepper
- 1 tsp Salt

Nutritional Information:

- Calories: 58
- Total Fat: 6g
- Total Carbohydrate: 1g
- Protein: 0g



INSTRUCTIONS:

Place cauliflower in a steamer basket in a large soup pot, season with salt and pepper, and steam until soft (about 10–12 minutes, test with a fork). Heat 1 tablespoon of pasture butter in a non-stick frying pan over medium heat. Sauté onion, garlic, and herbs until onion is translucent. Season with salt and pepper to taste.

Set aside. Place steamed cauliflower into a high-speed blender or food processor. Add the sautéed onion, garlic, and herbs, along with the second tablespoon of butter. Process until smooth. Garnish with a sprig of rosemary, or a sprinkling of fresh ground pepper



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(VEGAN, PALEO)

INGREDIENTS:

Medium-sized head of cauliflower, chopped into florets (about 1½ lbs.)
3 roasted garlic cloves
1 teaspoon fresh thyme leaves
1 teaspoon fresh chives, chopped
salt and pepper, to taste

Serving mashed cauliflower in lieu of potatoes is an easy way to lighten up your meal, and is a great solution for those of you who need to avoid starches. Thanks to the cauliflower base, this creamy mashed dish can be served with turkey and my grain-free stuffing for a properly combined Thanksgiving dinner!

INSTRUCTIONS:

Fill a large saucepan with about an inch of water, and insert a steamer basket. Bring the water to a boil, and add the cauliflower florets.

Reduce the heat to a simmer and cover, allowing the cauliflower to steam for 6-8 minutes, or until fork tender. Drain the steamed cauliflower, and transfer to the bowl of a large food processor. Add in the seasonings, and process to your desired texture. If additional liquid is needed to facilitate blending, feel free to add a splash of almond milk or water, and adjust the seasonings to your taste. I ended up using about a teaspoon of fine sea salt for this particular batch, but each batch may vary, so be sure to start with less than you think you need, and add more as you go. Serve warm and enjoy!

Notes:

This mashed cauliflower dish makes a great base for any of your favorite add-ins. If you prefer cheesy mashed potatoes, try adding 2-3 ounces of creamy goat cheese, or a sprinkling of nutritional yeast for a vegan variation. You could also add in some extra chives and a few spoonfuls of plain goat yogurt for a "sour cream & onion" flavor. The options are endless! Also, be sure to note the serving size on this recipe. One medium head of cauliflower only made enough to serve two people in our house-- we love to heap it onto our plates! If you're serving a bunch of mashed potato fans, you may want to double or triple this recipe, to be on the safe side