



Baking potato

2 peeled and cut into 2-inch cubes



Parmesan

2tbs grated parmesan cheese



Buttermilk

1/3 cup low-fat buttermilk



Cauliflower

1 head (separated into small florets, discard core and stem)



Garlic

1 medium garlic clove, minced



Olive oil

2 tsp olive oil



Butter

2tbs unsalted butter

Pepper

1/4 teaspoon pepper



Salt

1/4 teaspoon salt



Ingredients



Directions

Better Mashed Potatoes





Better Mashed Potatoes

In a large saucepan,
place the potato, garlic
& cauliflower & enough water
to cover. Bring to boiling.

Directions



Amount per serving
60 Calories



15
MIN

Better Mashed Potatoes

Reduce the heat to medium & cook until the potato & cauliflower are tender, about 15 minutes.

Directions





Better Mashed Potatoes

Drain & add the vegetables & garlic back to the pot. Cover the pot with a kitchen towel & put the lid over the towel. Let stand for 5 minutes.

Directions





Better Mashed Potatoes

Remove the lid and towel.
This process helps to dry
the vegetables so they mash better.

Directions





Amount per serving
60 Calories



Better Mashed Potatoes

Add the buttermilk, cheese, olive oil, butter, salt & pepper.



Directions





Amount per serving
60 Calories



Better Mashed Potatoes

Mash* just until the ingredients are lightly combined.
If desired, garnish with fresh snipped chives.



Directions

