

Cauliflower Mashed Potatoes

Keep your plate lean, green and incredibly tasty this Winter season!

As esteemed chef and renegade lunch lady Ann Cooper once told me, “winter can still be a glorious time to eat”. No matter where you live (and believe me, it doesn’t get much harder than Utah), you can still find delicious, healthy and sustainable food near you.



I love the idea of mashed potatoes after a killer day on the slopes or anytime I’m craving comfort food, but they often require loads butter to make them seem creamy enough for me. This is the answer! And it offers a fresh way to serve up nutrient-packed cauliflower in a tasty that’s not covered in cheese. This was inspired by a recipe I adore from the amazing book, *At Home with the French Classics* by Richard Grausman. Merci, Richard. *- Kate*

1 head cauliflower, cored and cut into florets
2-3 large potatoes, peeled and cubed
1/3 cup milk (preferably organic and local)

3 tablespoons local butter
1/2 tsp salt
freshly cracked pepper

1. In a large pot of salted water boil the potatoes for about 15 minutes. Add the cauliflower to the same pot (save cooking energy and clean up time) and continue boiling another 12-15 minutes, until vegetables are just tender. Drain.
2. Place drained veggies in a food processor (or you can use a potato masher by hand for an even leaner, greener prep, but it won’t be quite as smooth) and puree them together.
3. Add the butter and the milk and pulse a few times until all is blended and smooth. Taste and adjust seasoning.

Seasonal Recipes brought to you by:
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