

Mashed Cauliflower with Garlic & Chives

Nutrition Information Per Serving

Fat: 6g | Protein: 1g | Carbs: 2g | Calories: 69

Makes 9 servings



Ingredients

- 4 cups cauliflower florets
- ½ cup mayonnaise
- 1 clove garlic, peeled
- 1 Tbsp water
- ½ tsp salt
- ⅛ tsp black pepper
- ¼ tsp lemon juice
- ½ tsp lemon zest
- 1 Tbsp fresh chives, chopped

Instructions

1. In a large microwave safe bowl, combine cauliflower, mayonnaise, garlic, water, salt and pepper. Stir until cauliflower is evenly coated with mayonnaise.
2. Microwave on high for 12-15 minutes until cauliflower is completely softened.
3. Add cooked cauliflower mixture to a food processor. Puree until smooth.
4. Add the lemon juice, lemon zest and chives and pulse until just combined. Serve warm.