Cheesy Cauliflower Mash

U.S. cheddar makes this a perfect side dish for roasted meats. Creamy and satisfying, it is a great alternative for mashed potatoes.

INGREDIENTS

(Serves 8)

- Cauliflower, 1 head, trimmed 4
- Onion, diced 60g
- U.S. Cheddar, shredded 30g
- U.S. Sour Cream 8 slices
- U.S. Unsalted Butter 8 slices
- Parsley, fresh, minced 40ml
- Salt 120g
- White Pepper To taste

NUTRITIONAL CONTENT

Per 100g

- Calories 134kcal
- Total Fat 11g
- Saturated Fat 7g
- Trans Fat 0g
- Cholesterol 33mg
- Total Carbohydrates 5g
- Dietary Fiber 1g
- Sugars 2g
- Protein 5g
- Calcium 135mg
- Magnesium 14mg
- Phosphorus 99mg
- Potassium 200mg
- Sodium 307mg
- Iron 0mg
- Vitamin A 349IU
- Vitamin C 29mg

PREPARATION

1. Chop cauliflower into small pieces and place into a medium saucepan.
2. Add onions and steam until very soft, about 15-20 minutes.
3. Drain remaining water, then add all other ingredients.
4. Blend until smooth with a blending wand or in a food processor.
5. Serve immediately or can be kept warm in a double boiler.

Rely on the dynamic lineup of U.S. dairy products to meet consumer demand for tasty and nutritious foods. The U.S. Dairy Export Council (USDEC) offers resources on ThinkUSAdairy.org, including a dairy ingredient supplier search, consumer, nutrition and product research, technical insights and recipe ideas to help develop your next successful menu item.

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