

Healthy Mashed Cauliflower And Herbs

Description

This meal is healthy and a great way to add more vegetables to your meal.

Prep time: Ten minutes

Cook time: Ten minutes

Total time: Twenty minutes

Servings: 4

Ingredients

- 1 cauliflower head
- 1 tablespoon of olive oil
- 2 cloves of garlic, minced
- 1-2 teaspoons of finely chopped herbs (rosemary, thyme, sage, chives, parsley, etc)

Instructions

1. Cut off the cauliflower florets and rinse with water. Place a pot of water over medium high heat and cook until it boils, then add in a steamer into the pot. Add in the cauliflower florets and steam for about eight minutes.
2. Pour olive oil into a pan and place over medium heat. Add in the garlic and cook for about thirty minutes. Then remove from heat source.
3. Remove the cauliflower from the pot, drain the pot and return the cauliflower to the pot. Add in the garlic, olive oil, chopped herbs and any additional ingredients.
4. Mash the cauliflower using a stick blender. Serve.