**Mashed Cauliflower**

**(Yields 4 to 6 serving)**

Garlic Clove 1/2 clove

Cauliflower 1 head

Milk ½ cup

Butter 2 oz

Pepper 1 t

Sour Cream ½ cup

Parmesan Cheese 2 T

Mince garlic.

Wash the head of cauliflower. Trim off leaves and core the head of cauliflower. Cut into florets. Steam for 10 minutes or until soft. Drain.

Heat milk in the microware.

Place cauliflower and milk in the blender or food processor. Blend until smooth like mashed potatoes.

Melt butter. Add garlic to butter. Add to cauliflower.

Measure remaining ingredients and add to cauliflower. Blend until all ingredients are mixed well. Transfer to serving bowl.