

LOW-CARB ROASTED CAULIFLOWER MASH

Ingredients

30 oz large head cauliflower cut into florets
2 tbsp. olive oil
1 tsp oregano
3 tbsp. unsalted butter
1 tbsp. minced garlic

3 tbsp. sour cream
Salt and black pepper to taste

Directions

- Preheat your oven to 350F (180°C). Prepare all your ingredients by chopping the cauliflower into florets and measuring out everything else.
 - Add the cauliflower florets to a large baking tray. Drizzle over the olive oil and use your hands to rub the oil into the cauliflower florets. Sprinkle the oregano over and give the cauliflower a mix.
 - Bake for 25 - 30 minutes, rotating halfway through. The cauliflower should just be starting to brown when it's done.
- Add the roasted cauliflower to a food processor along with the butter, garlic, sour cream, and salt and pepper to taste. You can also use a potato masher to mash everything together.
 - Process the mixture for 2 - 4 minutes until smooth and creamy. You might need to stop the processor halfway through to scrape down the sides. You can add more sour cream here if the mixture is too thick.
 - Garnish with some butter, chives and chili flakes and serve.

Source: diabetesstrong.com

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