

## Mashed Cauliflower

Serves 4

### Ingredients:

1 pound of cauliflower (1 med-large head)

3 cloves garlic

3 tablespoons butter (max)

Salt to taste

Garnishes as desired, e.g.: pepper, chives, parsley

1. Prep your cauliflower by trimming off large leaves (small tender ones are fine), cutting out any bad spots (tiny dots are fine), and cutting any hard ends. Break apart florets and cut up stems.
2. Add to a pot with garlic and steam, or boil with a little water, until tender, 10 minutes or as needed.
3. Drain well. Add butter (a little less than the total in the recipe at first), cut up, and sprinkle with salt. Blend with an immersion blender or mash with a potato masher to desired texture.
4. Taste and season as needed. Add more butter as needed. Sprinkle with garnish(es) of choice.