

Garlic Cauliflower Mashed Potatoes with White Beans



This holiday favorite tends to be high in carbohydrates and fat. Removing some of the potatoes and substituting with cauliflower and beans lowers the carbohydrate content, while keeping that same great taste and texture! As an added benefit, cauliflower is a great source of fiber, folate and vitamins C and K. White kidney beans are full of vitamins and minerals and an excellent source of protein and fiber.

Ingredients

- 1 head cauliflower, chopped
- 2 ½ pounds Yukon gold potatoes, peeled and cubed
- 12-ounce can of cannellini beans (white kidney beans)
- 1/3 cup low-fat, low-sodium chicken broth
- ¼ cup butter substitute such as Earth Balance
- ¼ cup skim milk
- ¼ cup non-fat Greek yogurt
- 1 whole garlic bulb, roasted and squeezed out of skin
- Pepper to taste
- ¼ teaspoon paprika (optional)

Instruction

1. Boil potatoes and cauliflower together until tender.
2. Drain and mash potatoes, cauliflower, beans, chicken broth and butter substitute.
3. Add rest of ingredients and mix thoroughly.

ENJOY!

*recipe makes 20 servings, nutrition facts per serving

Recipe adapted from A Healthier Michigan's website by Grace Derocha, RD.

Nutrition Facts	
Serving Size (130g)	
Servings Per Container	
Amount Per Serving	
Calories 100	Calories from Fat 20
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 4g	
Vitamin A 0%	• Vitamin C 50%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	