

Cauliflower Purée

This low calorie and low carb vegetable side dish is elegant enough for company but is easy to prepare any night of the week!

YIELD 8 SERVINGS	PREP TIME 5 MIN	TOTAL TIME 25 MIN
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INGREDIENTS

1 each	Cauliflower, large (about 2 lb), roughly chopped (about 6 cups)
¼ cup	Parmesan Cheese, grated (about ½ oz)
3 Tbsp	Milk, low-fat, 1%
3 Tbsp	Butter, unsalted
½ tsp	Kosher Salt
½ tsp	Black Pepper, ground

CHEF'S NOTES

Cauliflower can be a blank canvas to add your favorite flavors and seasonings. Try adding fresh thyme, roasted garlic, or a touch of yogurt for tang.

The finished puree reheats well and can be made a few days in advance.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Bring a large pot of water to a boil. Once boiling, add the cauliflower. Cook until fork tender, about 8-10 minutes.
3. Drain the cauliflower in a colander and transfer to a food processor or blender. Add half of the milk, the butter, salt, and pepper and blend until smooth and creamy.
4. If the puree is too thick, add the remaining milk (or water), as needed in small amounts to reach the right consistency.

Nutrition Facts

8 servings per container

Serving size 1/2 cup (85g)

Amount Per Serving

Calories 70

% Daily Value*

Total Fat 5g 6%

Saturated Fat 3g 15%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 160mg 7%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g 4%

Vitamin D 0.1mcg 0%

Calcium 40mg 4%

Iron 0.3mg 2%

Potassium 230mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

CONTAINS: MILK

Recipe adapted from *Health meets Food*, "Cauliflower Puree" (11/10/16)



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