

# Garlic Mashed Cauliflower Recipe

## Ingredients

- 1 head cauliflower, cut into florets
- 1 tablespoon olive oil
- 1 clove garlic, smashed
- 1/4 cup grated Parmesan cheese
- 1 tablespoon reduced-fat cream cheese
- 1/2 teaspoon kosher salt
- 1/8 teaspoon freshly ground black pepper

## Directions

1. Place a steamer insert into a saucepan and fill with water to just below the bottom of the steamer. Bring water to a boil. Add cauliflower, cover, and steam until tender, about 10 minutes.
2. Meanwhile, heat olive oil in a small skillet over medium heat; cook and stir garlic until softened, about 2 minutes. Remove from heat.
3. Transfer half the cauliflower to a food processor; cover and blend on high. Add remaining cauliflower florets, one at a time, until vegetables are creamy. Blend in garlic, Parmesan cheese, cream cheese, salt, and black pepper.