

Mashed Cauliflower

INGREDIENTS:

- 1 Head of cauliflower, trimmed and cut into small florets
- 1 T butter
- Sea salt and freshly ground pepper, to taste

PROCESS:

- Bring a large pot of water to a boil. Add cauliflower and cook until very tender, about 10 minutes.
- Drain well. Add butter.
- “Mash” with an immersion blender, mixer, or potato masher.
- Season with salt and pepper.