



A RED SOX FOUNDATION AND  
MASSACHUSETTS GENERAL HOSPITAL PROGRAM



## *Cauliflower Garlic Mashed Potatoes*

Serves 8

### **Ingredients:**

2 medium head cauliflower (3 lbs, trimmed, cut into florets)

5-6 cloves garlic

½ cup parmesan cheese

4 TBSP extra virgin olive oil

½ tsp salt

¼ tsp ground black pepper

Optional for garnish: chopped fresh thyme, extra virgin olive oil, salt and pepper.



### **Directions:**

1. In a large pot with a steamer attachment, boil salted water. Add cauliflower and garlic to steaming base, and cook for about 10 minutes or until the cauliflower is fork-tender. Drain, then return the hot pot and let it stand for 2-3 minutes with the lid on.
2. Transfer cauliflower and garlic to a food processor. Add parmesan cheese, olive oil, salt, pepper. Puree until smooth. \*If no food processor, use a high-quality blender, hand blender, or potato masher.
3. Garnish with chopped fresh thyme, salt, pepper, and drizzle with olive oil.

### **Nutrition Tips:**

1. Cauliflower is considered a cruciferous vegetable, in the same category as broccoli, cabbage, and kale. While cauliflower may not be as colorful, it provides many of the same nutrients.
2. Cauliflower is an excellent source of vitamin C. 1 cup of cooked cauliflower provides 73% of the daily value for vitamin C.
3. Cauliflower is also a good source of folate and manganese.

### **Source:**

Nicolette Maggiolo is the Registered Dietitian for Home Base, a Red Sox Foundation and Massachusetts General Hospital Program, where she provides individual and group nutrition counseling to veterans and their families. Originally from New York, Nicolette brings her love of cooking, fitness and an integrative approach as she supports patients with individualized nutrition plans.