

Gloria's Mashed Cauliflower

"This tastes almost like mashed potatoes, but with fewer calories!"

Ingredients

1 head of cauliflower, chopped
Margarine or butter to taste
Fat-free, low-fat or regular sour cream, to taste
Salt and pepper, to taste

Preparation

Steam the chopped cauliflower until soft. This takes about 20 minutes. Make sure the water doesn't boil because cauliflower burns easily. When the cauliflower is soft, mash it and add margarine or butter and sour cream, to taste. I like to use fat-free sour cream and margarine. Serve warm.