

## Mashed Cauliflower and Kohlrabi

**Prep time**

10 mins

**Cook time**

10 mins

**Total time**

20 mins

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Recipe type: Side

Serves: 4

### Ingredients

- 1 head cauliflower - cut in florets
- 1 kohlrabi - peeled and cut in large chunks
- ½ c plain yogurt (or Greek yogurt) - low fat
- 1 tbs horseradish
- 1 tsp sea salt
- ½ tsp pepper
- ¼ c chives - minced + 2 tbs for garnish



### Instructions

1. Using a steamer basket, bring 3 inches of water to a boil then add cauliflower and kohlrabi.
2. Steam until veggies are fork tender - about 8-10 minutes.
3. Once veggies are cooked, pour out the cooking water and remove steamer basket.
4. Add veggies back into the same pan and use a potato masher to smash the cauliflower and kohlrabi together. (Let the kids help!)
5. Next, add in yogurt, horseradish, salt, pepper and ¼ c of chives.
6. For an even smoother texture, use an immersion blender or electric mixer.
7. Serve with extra chives on top.

### Notes

Excellent source of Vitamin C

### Nutrition Information

Serving size: 1 Calories: 74 Fat: .5g Saturated fat: .2g Carbohydrates: 15.2g Sodium: 386mg Fiber: 6.6g Protein: 5.7g Cholesterol: 1mg

Recipe by The Lemon Bowl at <http://thelemonbowl.com/2012/07/mashed-cauliflower-and-kohlrabi.html>