**“I Can’t Believe It’s Not Mashed Potatoes”**   
Serves 4

**Ingredients**

1 large head cauliflower

1 tbsp. olive oil

1/3 cup low fat (or nonfat) milk

Salt and pepper to taste

1 tsp. Curry powder (optional)

1 tsp. Nutmeg (optional)

½ teaspoon Garlic Powder (optional)

**Preparation**

Cut cauliflower into 4-6 pieces and steam until cooked but not overdone. Place in blender or food processor with remaining ingredients and blend until the consistency of mashed potatoes. Serve immediately and enjoy the unique flavor!

Nutritional Information: 77 calories, 9 g carbohydrates, 4 g protein, 4 g fat