



# Dinner Recipes

## Garlic Mashed Cauliflower



### Ingredients:

- 1 head of fresh cauliflower
- 1 cup chicken broth
- 1/4 teaspoon fresh cracked pepper
- 2 cloves garlic, crushed

### Directions:

1. Cut your cauliflower head of into small chunks.
2. Place all ingredients into a medium saucepan and heat to a boil.
3. Reduce heat to medium and cover, and allow to cook for 20 minutes. You may need to add more chicken stock if it dries up.
4. Carefully pour ingredients into a large pan and blend until mashed.
5. Enjoy!

Serving size: 1 cup (Non-starchy veggie)

### Nutrition Information:

**1 serving: 194 calories, 16 grams protein, 30 grams carbs,  
1 grams fat**

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