

Cauliflower Mashed Potatoes

This is a great substitute for the higher calorie mashed potatoes with none of the added fat.

4 heads of cauliflower, coarsely chopped, or 5 bags frozen

3-5 Yukon gold potatoes, quartered

2-4 tbsp. nutritional yeast

Salt and pepper to taste

Steam cauliflower and potatoes until very tender and can be easily cut with a fork.

Add nutritional yeast and mash.

Season and eat.

To increase the nutritional value:

After the cauliflower and potatoes have been mashed, stir in 1 cup steamed spinach and ½ tsp. nutmeg.