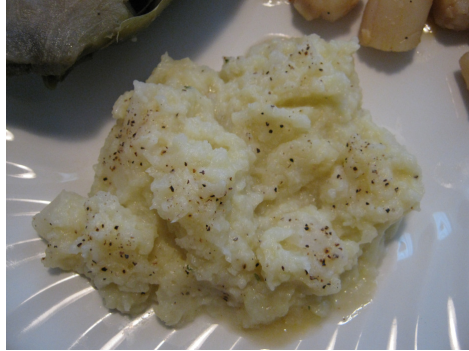


It sure tastes like-
Mashed Potatoes



Totals per ½ cup, which is pictured. (Recipe generally makes twelve ½ cup servings):
Calories 45 Fat 3 Fiber 2.5 Carbs 6

What you'll need:

- 2 Heads of Cauliflower, washed
- 1 T Powdered chicken bullion
- ¼ Cup Smart Balance light margarine
- ½ Cup skim milk

Salt
Ground black pepper

Large pot
Large size mixing bowl
Electric mixer

Let's get to cooking!

1. Break each head of cauliflower into 4-5 chunks.
2. Fill pot with water, add chicken bullion and cauliflower and bring to a boil.
3. Once cauliflower is very tender, drain well and place in your mixing bowl.
4. Add margarine and milk and with your electric mixer blend all ingredients as if you were making authentic mashed potatoes. This recipe should be just as creamy.
5. Salt and pepper to taste.
6. Serve hot as a side dish for any entrée.

My First Cousin Jeffry inspired this **Kitty's Lighter Weigh** recipe!