Creamy Cauliflower Puree Recipe

**SERVINGS: 4**

**INGREDIENTS**
1 large (6-7? diameter) head of cauliflower
3 cloves of garlic (cooked/steamed with cauliflower)
1/3 cup low-fat buttermilk
4 teaspoons extra-virgin olive oil
1 teaspoon butter, salted
½ teaspoon of garlic salt
½ teaspoon of black pepper

**DIRECTIONS**

1. Break cauliflower into 2” x 2” pieces (or smaller) and put in large microwave safe bowl with ¼ cup water and 3 whole garlic cloves and cover.
2. Microwave for 5 minutes or until cauliflower is very tender.
3. Use garlic press to crush 3 garlic cloves and add them to food processor. Add cooked cauliflower to the food processor.
4. Add buttermilk, 2 teaspoons olive oil, butter, garlic salt, and pepper.
5. Process ingredients until smooth and creamy.
6. Drizzle the remaining 2 teaspoons of olive oil on top and serve.

**NUTRITIONAL ANALYSIS PER SERVING (3/4 cup serving)**
Calories: 113
Fat: 6 grams
Protein: 5 grams
Carbohydrate: 13 grams
Cholesterol: 3 mg
Sodium: 383 mg
Sugar: 6 grams