

Mashed Roasted Garlic Cauliflower



Ingredients

1 bulb garlic
2 tsp olive oil
1 head of cauliflower
1/2 cup unsweetened almond or soy milk plus more to thin
1/4 cup plain Greek yogurt
1/2 tsp salt
1/4 tsp pepper
1/4 cup green onions, chopped

Instructions

Instructions: Pre-heat oven to 400 F. Slice off the top of the garlic bulb, drizzle with 1 tsp olive oil and wrap bulb in foil. Chop cauliflower into florets. Spread out on baking sheet in an even layer. Drizzle with remaining 1 tsp olive oil and toss to coat. Roast cauliflower and garlic bulb for about 35 minutes, stirring cauliflower halfway through cooking time. Allow cauliflower to cool slightly. Remove garlic cloves from bulb; they should be soft and very easy to remove from skins. In a food processor, blend together roasted garlic, cauliflower, milk, yogurt, salt and pepper until smooth. Fold in chopped green onions and serve.

Nutrition Information Per Serving

Serves 4