

Creamy Cauliflower

4 servings

Ingredients:

8 cups cauliflower (about 1 head)
4 cloves of garlic, crushed and peeled
1/3 cup buttermilk
4 teaspoons olive oil, divided
1 teaspoon butter
1/2 teaspoon salt, or to taste
Freshly ground pepper
Chives for garnish

Directions:

Place cauliflower and garlic in steamer basket over boiling water, cover and steam until very tender.

Place the cooked cauliflower and garlic in food processor. Add buttermilk, 2 teaspoons olive oil, butter, salt, and pepper; pulse several times, then process until smooth and creamy. Transfer to serving bowl.

Drizzle with remaining 2 teaspoons oil and garnish with chives. Serve hot.

Nutrition Information per serving:

Calories: 108 calories
Carbohydrate: 10g
Fat: 7g

Sodium: 342 g
Protein: 4 g