Mock Mashed Potatoes

Ingredients:

- 1 head of cauliflower (or 1 bag frozen)
- 1 Tbsp cream cheese
- 1 Tbsp butter
- 1 chicken bouillon cube, crushed
- 1-2 Tbsp heavy cream
- Salt and pepper, to taste

Directions:

1. Preheat oven to 350°F.
2. Boil or microwave cauliflower until fork tender and drain.
3. Put cauliflower in a medium mixing bowl and mash well. It will be lumpy.
4. Add remaining ingredients; mixing well. Add cream a little at a time until thick and creamy.
5. Pour into casserole dish and cook in oven about 15-20 minutes.

For Our Program:

Nutrition Information:

Servings = 6

Carbohydrates per serving = 0.5g