

Loaded Cauliflower "Mash" Bake

Servings: 4 Size: 3/4 cup

Calories 112 Fat 5.5g Carb 10g: Fiber: 4g Protein 1.5 g Sugar 0 g

Sodium 107g (without the salt)

4 slices center cut bacon
6 cups (about 24 oz) cauliflower florets
3 cloves crushed garlic
1/3 cup 1% buttermilk
1 tbsp whipped butter
3/4 tsp kosher salt
fresh black pepper to taste
2 tbsp minced fresh chives divided
1/4 cup shredded reduced fat shredded cheddar



1. Cook the bacon in a skilled until crisp; set aside on a paper towel then crumble
2. Fill a large pot with water bring to a boil and add cauliflower and garlic. Boil until the cauliflower is soft about 15-20 min. Drain and return to the pot.
3. Preheat oven to 350f
4. Add the buttermilk, buttermilk salt and pepper to the cauliflower and puree with a hand blender. If you don't own one a regular blender would work fine as well.
5. Mix in 1 tbsp of the chives and transfer to 4 individual casseroles (3/4 cups each) or one 8x8 casserole dish and top with cheddar and crumbled bacon. Bake in the oven until the cheese melts about 5 minutes then top- with remaining chives.