



STRONG Heart Program Recipe-of-the-Month

Mock Mashed Potatoes

Ingredients compliments of Wegmans

Ingredients:

4 cups cauliflower florets
2 tablespoons fat free butter spray
2 tablespoons fat free half n' half
salt and pepper to taste

Directions:

1. Steam cauliflower until soft.
2. Puree cauliflower and mix in remaining ingredients.
3. If desired, sprinkle with parsley.

Yield: 4 servings, **Serving Size:** 1 cup

Nutrition Information: 35 calories, 0g fat, 0g sat. fat,
0mg cholesterol, 75mg sodium, 6g carbohydrate, 3.5g fiber, 2g protein.