

Creamy Cauliflower Puree

4 Servings • 1 Serving = ½ Cup



INGREDIENTS

- 3 cups frozen cauliflower
- 2 cloves garlic
- 1 Tablespoon unsalted butter
- 1/3 cup low-fat buttermilk
- ¼ teaspoon salt
- Freshly ground black pepper, to taste

DIRECTIONS

1. Combine the cauliflower and garlic in a large stock pot. Add just enough water to cover the cauliflower. Bring up to a boil, then turn down heat to a strong simmer. Simmer cauliflower for about 7 minutes, until garlic softens. Drain, reserving some of the cooking liquid.
2. Add the cauliflower and garlic to a blender. Add the butter and buttermilk. Puree until smooth. Season with salt and pepper.
3. Return the puree to the stock pot and warm through once more before serving.

Nutrition Facts

4 servings per container
Serving size 1/2 cup

Amount per serving
Calories **60**

% Daily Value*

Total Fat 3.5g 4%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 10mg 3%

Sodium 210mg 9%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 45mg 4%

Iron 0mg 0%

Potassium 279mg 6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Developed by The Children's Hospital of San Antonio

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