

Herbal Legacy Recipes

CAULIFLOWER MASHED "POTATOES"

INGREDIENTS



- 1 head cauliflower broken into small pieces
- 1 clove garlic
- 1 leek, white only, split in 4 pieces
- 1 tablespoon Extra Virgin Olive Oil
- Pepper to taste
- Pinch Sea Salt

DIRECTIONS

1. Break cauliflower into small pieces.
2. In a good-sized saucepan, steam cauliflower, garlic and leeks in water until completely tender, about 20 minutes.
3. While cauliflower is hot, puree until the vegetables resemble mashed potatoes. (Use a food processor, or if you prefer a smoother texture, use a blender. Process only a small portion at a time, holding the blender lid on firmly with a tea towel.)
4. Add a little hot water if vegetables seem dry. Stir in Olive Oil, Sea Salt and pepper to taste.

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