BeWell recipe of the month:

Creamy Mashed “Potatoes”

From the kitchen of A. Perex, R. Tu and A. Gephart, Health Improvement Program (HIP)

Makes 4-5 servings

Ingredients:

- 1 head of cauliflower, broken into florets
- 6 ounces low-fat Greek-style yogurt
- 2 tablespoons olive oil
- 2 cloves of garlic, chopped
- ½ shallot, chopped
- Salt and pepper to taste
- 2 tablespoons grated Parmesan

Instructions:

1. In a medium pot, bring water to boil. Add cauliflower florets to boiling water and cook for about 8 minutes, or until soft. Remove and drain.

2. In a food processor, combine cauliflower with yogurt, olive oil, garlic and shallots and blend until creamy. Add salt and pepper to taste.

3. Transfer to a bowl and, while hot, mix in grated cheese. Stir well and serve hot.