

# Dine with a Darling

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## Mashed Cauliflower and Cheese

(recipe from Down Home with the Neelys)

1 large head cauliflower, finely chopped (about 2 pounds)  
1 cup chicken stock (I used organic low sodium chicken broth)  
2 tablespoons roasted garlic (I used regular chopped, not roasted)  
Kosher salt and freshly ground black pepper  
1/4 cup whole milk (I used half skim, half fat free half and half b/c I had them in the fridge...might have been part of the problemo!)  
1 cup shredded sharp Cheddar  
1/4 cup reduced fat sour cream  
2 tablespoons chopped chives

1. Add the cauliflower to a medium-sized saucepan along with the chicken stock.
2. Bring to a simmer over medium-high heat and cook until tender, about 8 to 10 minutes.
3. Add the garlic and season with salt and pepper, to taste.
4. Stir in the milk and puree with an immersion blender until smooth. (First time I got to use my handheld blender/mixer. You could also put it in a regular blender to mix up if you don't have a handheld – just more to clean up.)
5. Mix in the cheese and taste for seasoning.
6. Transfer the mixture to a serving bowl and garnish with sour cream and chives.

**Zach-o-meter:** “If you have to eat cauliflower, eat it raw and dunk it in some full fat ranch dressing. And just mash POTATOES if that’s what you’re looking for...”

Good luck with this one! 😊

Landon