

Mashed “Potatoes”

More fiber and 75% fewer carbs!
(Makes 12 one cup servings)



Ingredients

- 1 pound **baby red** potatoes
- 1 pound Daikon radish
- 2 pounds cauliflower pieces
- 1/4 cup butter
- 3 tsp minced garlic (to your taste preference)
- 1/2 cup milk
- 1/3 cup Heavy Whipping Cream
- 2/3 cup grated parmesan cheese
- 1/4 cup plain Yogurt
- Salt and pepper to taste
- 3 tablespoons Fibergy
- Diced bacon and cheddar cheese for garnish

Directions

1. Peel radishes or celery root and cut into small pieces. Boil in salted water until tender. *(25-30 min.)*
2. Cut cauliflower into small pieces, add to sauce pan with garlic and butter, cover and braise cauliflower over medium heat, stirring every 3-5 minutes until stalks are tender. *(20-25 minutes.)*
3. Cut baby red potatoes in half lengthwise and boil in salted water until tender. *(about 20 min.)*
4. Warm milk/cream in microwave for 20 seconds.
5. Mash cauliflower and dikon radish. To avoid having chunks remain, use food processor or high speed blender. While gradually adding milk, puree to desired consistency.
6. Mix in Fibergy, parmesan cheese, yogurt, salt and pepper.
7. If not serving with gravy, serve topped with bacon bits and cheddar cheese. Or a dollop of the Uncle Dan’s “Ranch Yogurt Dressing” recipe from our cookbook.

