



Slow-Cooker Homestyle Mashies



1/5th of recipe (about 2/3 cup): 108 calories, 3.5g total fat (2g sat. fat), 331mg sodium, 16g carbs, 2.5g fiber, 4g sugars, 4g protein

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Prep: 10 minutes **Cook:** 2 1/2 hours on high *or* 5 hours on low



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Ingredients

12 oz. (about 9) baby red potatoes, halved
3 cups cauliflower florets
1/4 cup light sour cream
1/4 cup light/reduced-fat cream cheese
3/4 tsp. onion powder
1/2 tsp. garlic powder
1/2 tsp. salt
1/8 tsp. black pepper
Optional topping: chopped scallions

Directions

Spray a slow cooker with nonstick spray. Add potato, cauliflower, and 1 cup water.

Cover and cook on high for 2 1/2 hours *or* on low for 5 hours, or until cauliflower and potatoes are soft.

Turn off slow cooker. Drain potato and cauliflower in a strainer. Transfer to a large bowl.

Add all remaining ingredients. Thoroughly mash and mix.

MAKES 5 SERVINGS

HG Alternative: Peel the potatoes if you prefer no-skins mashies.

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