



Mexican-Style Mashies



1/6th of recipe (about 2/3 cup): 133 calories, 5g total fat (3g sat. fat), 249mg sodium, 18.5g carbs, 3.5g fiber, 4.5g sugars, 4.5g protein

[Click for WW Points® value*](#)

Prep: 10 minutes **Cook:** 35 minutes



More: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

Ingredients

12 oz. (about 2 medium) white potatoes
6 cups cauliflower florets (about 1 large head)
3 tbsp. light/reduced-fat cream cheese
2 tbsp. whipped butter
2 tbsp. chopped fresh cilantro, or more for topping
2 tbsp. taco seasoning
1/4 cup plus 2 tbsp. light sour cream

Directions

Bring a large pot of water to a boil. Meanwhile, peel and cube potato.

Add potato and cauliflower to the pot. Once returned to a boil, reduce heat to medium. Cook until very tender, 15 - 20 minutes.

Drain and transfer to a large bowl. Add cream cheese, butter, cilantro, and taco seasoning. Thoroughly mash and mix.

Top each serving with 1 tbsp. sour cream.

MAKES 6 SERVINGS

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.