



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

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



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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

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