



Ranch & Bacon Mashies



1/5 of recipe (about 2/3 cup): 155 calories, 6g total fat (3g sat. fat), 476mg sodium, 17.5g carbs, 2g fiber, 3.5g sugars, 8g protein

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Prep: 10 minutes **Cook:** 2–3 hours or 5–6 hours



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Ingredients

3 cups cauliflower florets
12 oz. (about 9) baby red potatoes, halved
1/4 cup light/reduced-fat cream cheese
1/4 cup light sour cream
2 tsp. ranch dressing/dip seasoning mix
1/3 cup precooked crumbled bacon

Directions

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

Cover and cook on high for 2–3 hours or on low for 5–6 hours, until potatoes and cauliflower are soft.

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

Add all remaining ingredients except bacon. Thoroughly mash and mix. Stir in bacon.

MAKES 5 SERVINGS

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