



## 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

Freestyle™ [SmartPoints®](#) value 3\*

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



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

### 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.

[SmartPoints®](#) value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints®](#) values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints®](#) values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints®](#) trademark.