

## MASHED CAULIFLOWER

(instead of mashed potatoes)

### Ingredients:

1 head cauliflower  
1/2 stick of butter  
1/4 cup whipping cream  
1/4 cup sour cream  
3 tbsp minced garlic (I like extra garlic)  
salt and pepper to taste  
(optional)  
4 ounces sharp cheddar cheese

### How to Prepare:

Steam cauliflower until tender (about 10 minutes).

Place in food processor and chop up finely.

Transfer to mixer and add all ingredients except 1/2 of the bag of sharp cheddar.

Place in a casserole dish and preheat the oven to 350. Grease dish with butter and pour mixture in and then top with the rest of the 1/2 sharp cheddar cheese. Bake for about 20-30 minutes.