

Cauliflower Potato Mash (served with Chicken Chasseur)



Prep Time: 15 minutes
Cook Time: 30 minutes



Servings: 4 servings
Cost/Serving: \$0.75



Equipment

- Cutting board
- Colander
- Knife
- Measuring cups
- Measuring spoons
- Medium saucepan / stock pot
- Mixing bowl
- Potato masher
- Wooden spoon
- Vegetable peeler



Ingredients

½ head	(225 g)	Cauliflower, cut into bite-size florets
4 each	(450 g)	Large potatoes, Russets or Yukon Gold, peeled and cut into 2-inch pieces
1 tsp	(5 mL)	Salt
1 cup	(250 mL)	Milk, 2%
2 tbsp	(30 mL)	Olive or canola oil
1 tbsp	(15 mL)	Parsley, chopped, for garnish



Directions

1. Place cauliflower and potatoes in saucepan and cover with cold water. Add salt and bring to boil over medium-high heat. Reduce heat and simmer until vegetables are fork tender, about 20 minutes.
2. Drain in colander and transfer to large bowl.
3. Add milk and olive oil and mash until smooth. Sprinkle with parsley before serving.



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Tips

- 1) Canola oil can be substituted for olive oil, if desired.
- 2) You can add a clove of garlic when boiling the potatoes for extra flavour.
- 3) You can substitute fresh cauliflower with frozen cauliflower.



Nutrition Facts Valeur nutritive

Per 1 serving (257 g)
pour 1 portion (257 g)

	% Daily Value*
Calories 200	% valeur quotidienne*
Fat / Lipides 8 g	11 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 27 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 6 g	
Cholesterol / Cholestérol 5 mg	
Sodium 640 mg	28 %
Potassium 300 mg	6 %
Calcium 100 mg	8 %
Iron / Fer 1.25 mg	7 %

*5% or less is **a little**, 15% or more is **a lot**
*5% ou moins c'est **peu**, 15% ou plus c'est **beaucoup**



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