SHOPPING LIST

Cauliflower Mash

- ○ Cauliflower
- ○ Potato
- ○ Unsalted Butter
- ○ Kosher Salt

First, check off the items you already have at home.

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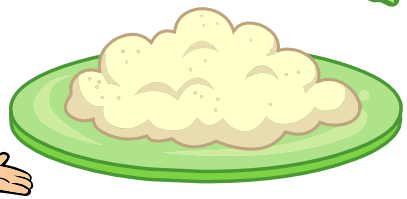
Lunch Labbers Present

SIDE DISHES

FIZZY'S LUNCH LAB

Cauliflower Mash



VEGETARIAN	TIME	DIFFICULTY	SERVES
V		M	4
YES	About 30 min.	Medium	

YOU WILL NEED

1 head cauliflower, florets and stem cut into small chunks

1 small russet potato, peeled and diced

½ cup water

1 tablespoon
unsalted butter

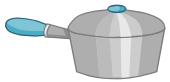
kosher salt and black pepper
to taste

DIRECTIONS

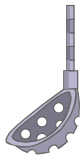
ATTENTION KIDS: Always cook with a grownup!

Reserve the cooking water after removing the cauliflower and potato from the pot.

STEP 1: Place the cauliflower, potato and water in a medium saucepan and bring to a boil over high heat.



STEP 2: Lower the heat to a simmer, cover, and steam until the cauliflower and potato are tender, about 20 minutes.



STEP 3: Using a slotted spoon, transfer the vegetables to a food processor. (Reserve the cooking water.)

STEP 4: Add the butter and process until smooth, adding the cooking water as needed to allow the machine to do its work.

STEP 5: Season with salt and pepper to taste. Serve.

Nutrition Facts

Serving Size 1 serving (210g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 25

	% Daily Value*
Total Fat 3g	5%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 45mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	

Vitamin A 2% • Vitamin C 150%
Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4