Cauliflower Colcannon

Makes:

4 - 6 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover
large mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Cauliflower replaces potatoes in this lighter, lower carbohydrate version of Colcannon, which is a popular Irish mashed potato and cabbage dish.

    1 large
onion, strung, use Cone #2
    2 cloves garlic, shredded, use Cone #1
    2 heads
(approximately 2 - 2½ pounds) cauliflower, trimmed and cut into pieces
(907 - 1134
g)
    4 cups
kale, or other dark leafy greens, washed and cut into small pieces
(268
g)
    1 teaspoon
natural salt
(6
g)
    $\frac{1}{8}$ teaspoon
    nutmeg, ground
(.3
g)
    $\frac{1}{4}$ - $\frac{1}{2}$ cup
    almond milk or dairy milk
(60 - 120
mL)

Directions:

1. Place cauliflower in a bowl with water. Remove cauliflower from water and set aside, leaving water clinging to cauliflower.

2. Preheat roaster over medium heat. When several drops of water sprinkled in roaster skitter and dissipate, add onions and garlic. Sauté for 2 - 3 minutes until softened.
3. Place cauliflower on top of onions and garlic and cover. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 25 - 30 minutes until cauliflower is soft.
4. Add salt, nutmeg and milk. Mash cauliflower with an immersion style blender until smooth.
5. Add chopped greens to cauliflower mash and stir to combine. Cover and cook for an additional 8 - 12 minutes until the greens are tender.
6. Taste and add additional seasonings if needed/

Tips:

- Replace half the amount of cauliflower with russet potatoes that have been peeled and cut into chunks.
- Substitute kale for Swiss chard, spinach or mustard greens.

Nutritional Information per Serving

Based of 4 servings
Calories: 131
Total Fat: 1g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 717mg
Total Carbs: 27g
Dietary Fiber: 9g
Sugar: 9g
Protein: 9g
Nutritional analysis calculated using kale and ½ cup almond milk