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Rosemary-Infused Cauliflower Mashed Potatoes

Ingredients

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| 2 | lb. white or yellow potatoes, washed, unpeeled, and cut into two-inch pieces | $\frac{3}{4}$ | cup low-fat milk |
| 1 | medium-large head cauliflower, cut into two-inch pieces | $\frac{1}{3}$ | cup plain Greek yogurt, optional |
| 2 | sprigs rosemary | | Kosher salt and freshly ground black pepper, to taste |
| 4 | tablespoons butter | | |

Directions

Place potatoes and cauliflower in a large pot. Fill pot with water, just enough to cover the potatoes and cauliflower. Top with the rosemary sprigs. Bring to a boil, cover, and simmer for 20 minutes (or until potatoes are fork tender). Remove from heat. Remove and discard rosemary sprigs. Drain potatoes and cauliflower then return to pot. Add the butter and use an electric mixer to mash and blend the vegetables and butter until the butter is melted. Add the milk and continue mixing until well combined. For a creamier texture blend in plain Greek yogurt. Add salt to taste. Serve garnish with parsley and pepper, if desired.

Nutrition Facts

8 servings

Calories	160
Total Fat	6g
Saturated Fat	4g
Cholesterol	15mg
Sodium	55mg
Total Carbohydrates	23g
Dietary Fiber	4g
Sugar	4g
Protein	5g

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.