



# Rosemary Cauliflower & Potato Mash

(ADAPTED FROM ELIZABETH LINDEMANN, BOWL OF DELICIOUS)



**Yield:** Makes 8 servings

## Ingredients

- 2 lbs white or yellow potatoes, washed, cut into 2 inch pieces
- 4 cups cauliflower florets (~ 1 large head)
- 2 cups chicken or vegetable stock
- 1 sprig rosemary
- 4 tbsp butter
- $\frac{3}{4}$  cup milk
- Salt and pepper to taste

## Optional

Fresh parsley (for garnish)

## Instructions

Place cut potatoes, cauliflower, chicken broth and salt (to taste) in a large pot. Add the rosemary sprig on top.

Bring the mixture to a boil, cover and simmer for 20 minutes (or until potatoes are fork-tender).

Remove from the heat and remove and discard rosemary sprig.

Drain potatoes and cauliflower and return to pot.

Add the butter and use a potato masher to mash the vegetables. Continue mashing until the butter is fully melted.

Add the milk and continue mashing until well combined. Use more milk if a creamier texture is desired.

Add salt and pepper to taste.

Garnish with fresh parsley (optional).

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## Description

This twist on traditional mashed potatoes lightens the carbohydrate content, but sacrifices none of the flavor! This recipe would be great to try at Thanksgiving or with a traditional pot roast supper.



## Farmers Market Finds

- Potatoes
- Cauliflower
- Rosemary
- Parsley (optional)



## Grocery Store Grabs

- Chicken or vegetable broth
- Butter or Oil
- Milk
- Salt & Pepper

## Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at [pdl.org/biblio-bistro](http://pdl.org/biblio-bistro).

## Substitutes

Could use unsweetened soy, almond or oat milk in place of regular milk for a vegan alternative.

Could use olive or avocado oil or vegan butter in place of butter for a vegan alternative.

Could use frozen cauliflower in place of fresh cauliflower.

## Pairs with

This lighter version of mashed potatoes would pair well with traditional Thanksgiving dishes like turkey, stuffing, cranberries and green beans. It would also pair well with a beef or pork roast and green beans marinated in a zesty balsamic vinaigrette.