

# Garlic Mashed Cauliflower

[www.thetaylor-house.com](http://www.thetaylor-house.com)

## Ingredients

- 1 medium cauliflower
- 4oz. cream cheese
- 3 tbsp. butter
- 2 tsp. garlic salt (substitute with 4 cloves of fresh garlic or to taste)
- 1 tsp. Italian Seasoning (optional)

## Directions

1. Bring a pot of water to a boil.
2. Cut the Cauliflower into small florets and add to the boiling water for 10 minutes or until it's soft when you poke with a fork.
3. Drain the cauliflower and place back in the pot for 2-3 minutes.
4. Use a food processor to blend up the cauliflower, cream cheese, butter, garlic and seasoning until it was smooth and creamy.
5. Stir and top with shredded cheese before serving.