

Cauliflower Mash

1 whole head garlic
1 head cauliflower, cut into florets (or 2 bags steamable, frozen cauliflower)
1/4 cup ricotta cheese (whole milk)
2 tbs. unsalted butter, melted
1/2 small (5.3-oz.) container plain Greek yogurt
1 tsp. Kosher salt
¼ tsp. freshly ground black pepper
Pinch red pepper flakes

Preheat the oven to 400.

Wrap an entire head of garlic in foil, place on a baking sheet, and bake at 400 for 30 minutes. Allow to cool so you can handle it.

Meanwhile, bring a large pot of heavily-salted water to a boil. Add in the cauliflower. Boil for 10 minutes or until fork tender. Drain and allow to cool slightly. (Or cook the bags of cauliflower according to package directions – usually 6 minutes each.)

In a food processor, blend together the cauliflower, ricotta, melted butter, Greek yogurt, and S&P. Squeeze in each of the roasted garlic cloves, discarding the skins. Blend until desired consistency is reached.



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