

## 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, cooled slightly  
1/2 small (5.3-oz.) container plain Greek yogurt  
1 tsp. Kosher salt  
¼ tsp. freshly ground black pepper

Preheat the oven to 400.

Cut off the top half of the head of garlic. Wrap the cut garlic head in foil (whole). Place directly on baking rack and bake at 400 for 30 minutes. Allow to cool slightly.

Meanwhile, cook the cauliflower:

Option A) Steam the cauliflower florets for 18–25 minutes until fork tender.

Option B) 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.

Option C) Cook the bags of cauliflower according to package directions – usually 6 minutes each.

In a food processor (be sure to allow the heat to vent if the cauliflower are still hot), blend together the cauliflower, ricotta, melted butter, Greek yogurt, and S&P. Squeeze in the roasted garlic cloves, discarding the skins. Blend until desired consistency is reached.



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