



Mashed Cauliflower & Spinach

Adapted from: afamilyfeast.com

Prep time: 10 min

Cook time: 15 min

Yields: 6-8 Servings

INGREDIENTS

- 1 large head organic cauliflower, trimmed down to the florets
- 2 tablespoons extra virgin olive oil
- 1 cup sweet onion, diced small
- 2 cups organic fresh baby spinach
- ½ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1/8 teaspoon garlic powder
- 2 tablespoon clarified butter or ghee

INSTRUCTIONS

1. Bring a medium pot of salted water to a boil and add cauliflower. Cook just until tender, about ten minutes.
2. While cauliflower is cooking, heat a medium sauté pan over medium high heat and add olive oil.
3. Once hot, add onions and sauté for 4-5 minutes or until completely cooked.
4. Add the spinach, toss and remove from heat.
5. Drain the cauliflower but retain about a cup of the cooking water.
6. Pulse the cauliflower until rice size but not pureed.
7. Add the spinach mixture scraping the oil with it, salt, pepper, garlic powder and butter and pulse to combine. Do not over mix.
8. If mixture is too thick, spoon a little of the cauliflower water in. We did not need to do that with ours. Serve immediately.