

Mashed Fauxtatoes

This faux-tato recipe come from the fluffy topping from our Shepard's Pie recipe (ALWAYS HUNGRY? Book pg. 238-239). Even if you haven't made the Shepherd's Pie, you don't want to miss this luscious topping! It's so good it can be made on its own! When developing the recipe for Shepard's Pie, I needed a bit more protein so I added some white beans to the cauliflower topping. The result was absolute magic.

Mashed Fauxtatoes

1 small to medium head cauliflower, cut into large pieces (about 4 to 6 cups)
2 tablespoons extra-virgin olive oil or butter
3/4 teaspoon salt
1/4 teaspoon pepper
1 3/4 cups cooked cannellini or other white beans, drained and rinsed

Preparation

Place the cauliflower in a pot and add water just to cover. Bring to a boil over high heat, reduce the heat to medium, and cook until tender, about 10 minutes.

Drain the cauliflower, return it to the pot, and add the 2 tablespoons oil, 3/4 teaspoon salt, 1/4 teaspoon pepper, and the white beans. Puree with an immersion blender until smooth. Makes 4 servings.

Calories: 181
Carbohydrate: 22 g
Protein: 8 g
Fat: 8 g

Let us know how these fauxtatoes rocked your holiday table!

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Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently.