

Cauliflower Colcannon



Sirve:

4 - 6 servings

Pieza:

Saladmaster Food Processor
5 Qt./4.7 L Roaster with Cover
large mixing bowl

Valora: ★★★★★☆

Contribuido por:

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Descripción de la Receta:

Cauliflower replaces potatoes in this lighter, lower carbohydrate version of Colcannon, which is a popular Irish mashed potato and cabbage dish.

1 large
onion, strung, use Cone #2
2 cloves garlic, shredded, use Cone #1
2 heads
(approximately 2 - 2½ pounds) cauliflower, trimmed and cut into
pieces
(907 - 1134
g)
4 cups
kale, or other dark leafy greens, washed and cut into small pieces
(268
g)
1 teaspoon
natural salt
(6
g)
⅛ teaspoon
nutmeg, ground
(.3
g)
¼ - ½ cup
almond milk or dairy milk
(60 - 120
mL)

Preparación :

1. Place cauliflower in a bowl with water. Remove cauliflower from water and set aside, leaving water clinging to cauliflower.
2. Preheat roaster over medium heat. When several drops of

- water sprinkled in roaster skitter and dissipate, add onions and garlic. Sauté for 2 - 3 minutes until softened.
3. Place cauliflower on top of onions and garlic and cover. When Vapo-Valve™ begins to click steadily, reduce heat to low and cook for 25 - 30 minutes until cauliflower is soft.
 4. Add salt, nutmeg and milk. Mash cauliflower with an immersion style blender until smooth.
 5. Add chopped greens to cauliflower mash and stir to combine. Cover and cook for an additional 8 - 12 minutes until the greens are tender.
 6. Taste and add additional seasonings if needed/

Consejos:

- Replace half the amount of cauliflower with russet potatoes that have been peeled and cut into chunks.
- Substitute kale for Swiss chard, spinach or mustard greens.

Información nutricional por ración

Based of 4 servings

Calorías: 131

Grasa Total: 1g

Grasa 0g

Saturada:

Colesterol: 0mg

Sodio: 717mg

Carbohidratos: 27g

Fibra 9g

Dietética:

Azúcar: 9g

Proteína: 9g

Nutritional analysis calculated using kale and ½ cup almond milk