



## Cauliflower – Potato Mousse

### INGREDIENTS:

½ head cauliflower, cut into florets  
1 large russet potato peeled and cubed  
½ cup skim milk  
1 teaspoon butter  
1 small stalk rosemary  
1 clove garlic, crushed  
½ teaspoon sea salt  
¼ teaspoon white pepper

### PREPARATION:

- Place cauliflower and potato cubes in a steamer basket over boiling water or stock. Cover and cook 10 minutes or until very soft
- Place skim milk, butter, rosemary and garlic in a small pot and bring to a simmer, turn off heat and let stand while veggies are cooking,
- Transfer cooked potato mix to a warm medium bowl
- Using a hand mixer begin whipping
- Strain some of the milk mixture into the potato mix and continue whipping until light and fluffy, add more milk as needed (you may not need it all)
- Season with salt and white pepper and keep warm
- Mousse may be piped onto a heated dinner plate using a pastry bag

**Number of servings: 4**

**Serving size: ½ cup**

**Calories: 66**

**Fat grams: 2**

