



Cauliflower Colcannon

1 head cauliflower, washed & chopped into florets
¼ cup water
3 cloves garlic, minced
1 avocado, mashed

4 Tbsp. extra virgin olive oil
3 cups chopped kale
3 green onions, chopped
½ cup fat free milk
Non-fat plain Greek yogurt & chives (*optional*)

Directions

1. Wash hands with soap and water.
2. Combine cauliflower florets and garlic in a microwavable bowl with ¼ cup water, cover, and microwave on HIGH for 3-5 minutes
3. Using a food processor, pulse cauliflower and garlic until smooth. Add avocado. Set aside.
4. Over medium-high heat, coat skillet with olive oil and add kale. Cook for 3-4 minutes or until kale wilts. Add green onions and cook another minute.
5. Add cauliflower mixture into skillet and add milk. Mix well until heated through.
6. Remove from heat and top with non-fat plain Greek yogurt and chives **Yield:** 4 Servings

Nutrition Facts (per serving): 290 *calories*, 22 *grams fat*, 85 *milligrams sodium*, 19 *grams carbohydrate*, 8 *grams fiber*, 7 *grams protein*

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