



Creamy Cauliflower Sauce

Ingredients:

- 8 large garlic cloves, minced
- 2 tbsp margarine
- 5-6 cups cauliflower florets
- 6-7 cups vegetable broth or water
- Salt to taste
- ½ cup milk

Directions:

1. **Garlic:** Sauté the minced garlic with margarine in a large skillet over low heat. Cook for several minutes or until the garlic is soft and fragrant, but not browned (browned or burnt garlic will taste bitter).
2. Remove from heat and set aside.
3. **Cauliflower:** Bring the water or vegetable broth to a boil in a large pot. Add the cauliflower and cook, covered for 7-10 minutes or until cauliflower is fork tender. Do not drain
4. **Puree:** Use a slotted spoon to transfer the cauliflower pieces to the blender. Add 1 cup vegetable broth or cooking liquid, sautéed garlic/ butter, salt, pepper and milk.
5. Blend or puree for several minutes until the sauce is very smooth, adding more broth or milk depending on how thick you want the sauce. You may have to do this in batches depending on the size of your blender.
6. **Serve hot!** If the sauce starts to look dry, add a few drops of water, milk or olive oil

Notes: I like to add a little bit of olive oil for the flavor and to help keep the sauce smooth. Several other readers have mentioned that they really liked the addition of parmesan cheese as well. Makes about 5 cups.

Servings: makes 3 servings.

Each serving = 2 cups select vegetables.

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