

Mashed Cauliflower

- *1 head cauliflower*
- *½ cup olive oil*
- *1 garlic clove, minced*
- *dash of nutmeg*
- *dash of cayenne*
- *salt and pepper to taste*
- *minced chives for garnish*



1. *Steam or boil cauliflower until soft, drain.*
2. *In a food processor add all the ingredients and pulse until pureed.*
3. *Place back on stove and cook until hot.*
4. *Top with chives.*