

## Garlic Mashed Cauliflower

1 medium head cauliflower

1 T cream cheese, softened (may substitute plain Greek yogurt)

¼ c grated Parmesan cheese

½ t minced garlic

1/8 t chicken bullion (may substitute ½ t salt)

1/8 t freshly ground black pepper

2 T butter

Chives (optional)

Bacon bits (optional)

Steam cauliflower until soft. In a blender or food processor, puree the hot cauliflower with all ingredients. Top with chives and bacon bits, if desired.