



Cauliflower Puree with Roasted Garlic and Goat Cheese

Active Time: 15 minutes | **Total Time:** 1.5 hours | **Serves:** 10

Nutrition Information Per Serving

86.6 calories, 3.63 g carbohydrate, 1.46 g fiber, 2.17 g NET carbs, 3.79 g protein, 6.74 g fat

Ingredients

- 1/2 tsp(s) sea salt
- 4 clove(s) organic garlic
- 1 1/2 ounce(s) asiago cheese, grated
- 2 ounce(s) organic goat cheese (soft)
- 2 tsp(s) olive oil
- 1 head organic cauliflower, cut into bite-sized pieces
- 3 Tbsp(s) grass-fed butter, melted

Preparation

1. Preheat oven to 350. Place garlic cloves in a ramekin and drizzle with olive oil. Cover, bake for 30 minutes or until soft and slightly caramelized, and let cool.
2. Steam the cauliflower in a vegetable steamer basket until very soft and slightly overcooked. Let drain and cool slightly.
3. Squeeze the garlic out of the cloves and puree with the cauliflower and remaining ingredients in the bowl of a food processor. Taste and add more salt if desired.

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