



## **Mashed Cauliflower:**

### **Ingredients:**

1 head cauliflower

1/4 cup golden raisins

2 tbsp toasted pine nuts

2 tbsp bread crumbs

sprinkle of parmesan cheese

Optional\* flat leaf Italian parsley.

### **Directions:**

Blanch florets of cauliflower in boiling salted water for about 8-10 minutes. Remove from water, and pat all florets dry.

Drop into a pan of hot oil and mash florets down.

Stir in raisins, pine nuts, and cheese. Add parsley here if using.

