



Ingredients

- 1 garlic bulb
- 1 medium head cauliflower
- ¼ cup grated parmesan
- 1 tablespoon butter
- 1 tablespoon reduced fat sour cream
- Salt
- Pepper

Nutritional Information

- 117 calories
- 6.6 g fat
- 19.5 g carbohydrates
- 9.7 g protein
- 4.3 g fiber

Instructions

- Preheat oven to 400 degrees.
- Cut top off of garlic bulb. Drizzle with olive oil, then season with salt and pepper.
- Wrap in foil and place in oven for 45 minutes, or until tender and fragrant.
- Fill a stock pot with water and bring to a boil.
- Clean and chop cauliflower. Place in boiling water and cook for about six minutes.
- Drain cauliflower well and dry thoroughly with paper towels.
- Place cauliflower in bowl and mash with butter, sour cream, parmesan, salt and pepper until smooth.
- To add the roasted garlic, squeeze the bulb's contents into the bowl.
- Place in a serving dish and garnish with chives.