

Sweet Potato Cauliflower Mash

1. Steam the sweet potato and cauliflower over 1" of water until fork tender, about 10 minutes (or soften the vegetables in the microwave).
2. In a large bowl, mash the potato and cauliflower with the broth. Stir in the ghee, garlic powder, and nutmeg. If the mash needs more liquid, add more broth, 2 tablespoons at a time, until desired consistency is achieved. Season to taste with salt and black pepper.
3. Garnish each serving with scallion.

Don't let cauliflower's stark white color mislead you, it is every bit the nutritional giant of its greener cousins- broccoli, cabbage and kale. Added Bonus: Cauliflower's mild flavor and unassuming texture make it a healthy substitution in many dishes. Cauliflower 'rice' anyone?

Join us Saturday, **March 7th** from 4-6 for our **"For the Love of Food"** Clean Dinner Cooking Demo. Kristin will whip up a batch of the mashed cauliflower and sweet potatoes above to accompany chicken and a fun kale, strawberry and coconut salad. Space is limited, so reserve your spot today!!!

Recipe has been adapted from <http://www.joybauer.com>