

# 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 yogurt, 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 scallions.

Recipe from:

<http://www.joybauer.com/healthy-recipes/sweet-potatocauliflower-mash/>

Week two of three for healthy Thanksgiving Day dishes. A Thanksgiving Day staple on most tables is mashed potatoes. Make this version and people will be pleasantly surprised. Don't let them know it's cauliflower, tell them it's a mixture of sweet potatoes and white potatoes. As long as they eat it right?!?! Add the broth and yogurt a little bit at a time so that it doesn't get too watery. You can finely chop some broccoli or spinach and add that in there too. If people don't like it then more for you!! Don't let your family food pressure you or make you feel guilty for eating a healthier option. Eating healthy and feeling good or going along with tradition and feeling sluggish and unhappy. The choice is yours.....

xoxo

Kristin