

# parmesan mashed cauliflower



Total Time: **15 minutes**  
Prep Time: **15 minutes**

## ingredients (Servings: Serves 6)

- 1 head cauliflower
- 1/4 cup grated Parmesan cheese
- 2 Tablespoons olive oil
- 1 teaspoon dried oregano
- 1 teaspoon dried thyme
- 1 teaspoon salt, or to taste
- 1 teaspoon pepper, or to taste

1

## directions

**step 1:** Wash the cauliflower well (dirt can collect in hard-to-reach places). Cut the cauliflower into pieces and place into a steamer basket in a pot over boiling water.

**step 2:** Steam cauliflower until a fork can easily glide into it—about 8 minutes.

**step 3:** Place the cauliflower into a bowl and crush with a potato masher until consistently mashed.

**step 4:** Add the Parmesan cheese, olive oil, oregano, and thyme. Stir to combine.

**step 5:** Season with salt and pepper, to taste.

**step 6:** Serve warm.

2