



Better Living for Texans

Texas A&M AgriLife Extension
Fort Bend County

1402 Band Road, Suite 100
Rosenberg, Texas 77471

Phone: (281) 342-3034

WEBSITE:
<http://fortbend.agrilife.org>

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Sneaky Spuds

Prep Time: 30 minutes

Cook Time: 20 minutes

Cost per serving: \$0.46

What you need:

Utensils:

- Vegetable brush (optional)
- Cutting board & knife
- Medium sauce pan
- 2 medium-sized bowls
- Measuring cups & spoons
- Fork
- Electric mixer or potato masher

Ingredients:

- 4 medium potatoes (peeled if desired)
- 1 pound cauliflower, washed and chopped (remove green leaves first)
- Water for cooking cauliflower and potatoes
- $\frac{1}{2}$ cup low-fat or fat free milk
- 2 tablespoons chopped garlic cloves
- 2 tablespoons margarine
- $\frac{1}{4}$ teaspoon black pepper
- Paprika (optional)
- Salt to taste

What to do:

1. Wash hands and cooking area.
2. Wash and scrub potatoes with hands or a brush to remove any dirt. Cut potatoes into 1-inch pieces.
3. Place potatoes in a medium sauce pan. Add enough water to cover the potatoes and bring to a boil.
4. Reduce the heat and cook until tender. Drain off excess water. Set the cooked potatoes aside in a medium-sized bowl. If the sauce pan will be used to cook the cauliflower, wash the sauce pan again.
5. Wash cauliflower and cut into 8 pieces.
6. Place the cauliflower in a medium sauce pan and add 1 cup of water. Bring water to a boil, then cover with a lid and turn down to low. Cook until very tender.
7. After the cauliflower is steamed, drain off the excess water. Place the cooked cauliflower pieces in a medium-sized bowl.
8. Add 2 tablespoons of the milk and the chopped garlic cloves.
9. Mash the cauliflower with a fork/electric mixer.
10. Add the potatoes, the rest of milk, margarine, salt, pepper and paprika. Beat with a mixer or potato masher until well blended.

Nutrition Facts

Serving Size 1/2 cup	Calories from Fat 30
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Amount Per Serving	% Daily Value*
Calories 130	
Total Fat 3g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 3g	
Protein 4g	
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Vitamin A 6%	• Vitamin C 80%
Calcium 4%	• Iron 6%