



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
- ½ cup low-fat or fat free milk
- 2 tablespoons chopped garlic cloves
- 2 tablespoons margarine
- ¼ 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.



Better Living for Texans

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Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 130 **Calories from Fat** 30

% Daily Value*

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

Vitamin A 6% • Vitamin C 80%

Calcium 4% • Iron 6%