

# Mashed White Beans and Cauliflower with Leeks



The key to the flavor here is the leeks and the chives so don't skimp on either and know that the longer you cook the leeks, the deeper, more caramelized the flavor will be.

*A typical serving of creamy mashed potatoes has about 360 calories (about 18 grams fat) – but this version: has 100 calories and 1 gram of fat.*

Makes 18 (1/3 cup) servings (makes 6 1/2 cups)

Prep Time: 5 mins

Cook Time: 15 mins

1 tbsp olive oil

2 medium fresh leeks, ends trimmed

1 tsp kosher salt

8 ounces cauliflower florets

6 cups cooked white beans

1 1/2 cups fat-free low-sodium vegetable broth or chicken broth

3 tbsp finely sliced fresh chives

Heat oil in a large frying pan over medium-high heat. Meanwhile, halve leeks lengthwise then cut crosswise into thin, 1/4-inch half-moon shapes. When oil hot, add leeks, season with kosher salt and pepper, and cook until softened, about 5(-10) minutes. Add 2 T water to pan and use a spatula scrape up the golden bits. Cook for another 1-2 minutes and set aside.

Meanwhile, place an inch of water in a medium saucepan and bring to a simmer over medium-high heat. Place cauliflower in a steam basket and nest in pot. Cover and steam until fork tender, about 5 minutes. Remove and set aside to cool slightly.

Combine leeks, cauliflower, and beans in a food processor and puree until smooth. Add broth and chives and puree until smooth, scraping down sides as needed. Serve warm.

*Can be made up to 5 days ahead. Store in an airtight container and reheat before serving.*

## Nutritional information (per serving):

Calories 100	Fiber g 4
Total fat grams; 1	Sugars g 1
Total carbohydrates g 17	Protein g 6