

Creamy Cauliflower Puree with Onions, Gluten-Free.

by Arantxa Mateo, www.32Mondays.com

Ingredients:

- 1 cauliflower
- 1 onion
- 1-2 leeks (frozen will also do)
- 1 tbs butter
- 1 tbs olive oil
- chicken broth (organic, if possible)
- 1-2 cups milk, 1% (organic, if possible)
- nutmeg
- 1 cup grated cheese

To Serve with:

- sour cream
- black pepper
- celery flakes
- parsley

Preparation:

Dice the onion, cut the leek in rings. Cut the cauliflower in medium pieces.

Directions:

1. In a pot, the butter and olive oil on medium heat.
2. Add the onion and leek, and stir-fry until really golden.
3. Add the cauliflower pieces.
4. Add 1 to 2 cups of milk (depending on how much you love milk and the size of the cauliflower) and chicken broth so that it covers the cauliflower.
5. Add nutmeg to taste.
6. Bring to boil and cook for about 20 minutes (until tender).
7. Take the pot off the stove and add 1 cup of grated cheese.
8. Blend it all together using a food processor or a blender stick.
9. Serve with some grated cheese, sour cream, black pepper, parsley and celery flakes (optional).

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