



## Mashed Cauliflower and Kohlrabi

The creaminess from the yogurt combined with the subtleness of the kohlrabi and sharp flavors of the horseradish make this dish shine.

### Ingredients

- 1 head cauliflower cut into florets
- 1 kohlrabi peeled and cut large chunks
- 1/2 cup plain yogurt low fat or Greek yogurt
- 1 tablespoon horseradish
- 1 teaspoon sea salt
- 1/2 teaspoon pepper
- 1/4 cup chives minced + 2 tbs for garnish

### Instructions

1. Using a steamer basket, bring 3 inches of water to a boil then add cauliflower and kohlrabi.
2. Steam until veggies are fork tender - about 8-10 minutes.
3. Once veggies are cooked, pour out the cooking water and remove steamer basket.
4. Add veggies back into the same pan and use a potato masher to smash the cauliflower and kohlrabi together. (Let the kids help!)
5. Next, add in yogurt, horseradish, salt, pepper and 1/4 c of chives.
6. For an even smoother texture, use an immersion blender or electric mixer.
7. Serve with extra chives on top.

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