

Broccoflower[®], Mash with Horseradish

Ingredients:

- 1 head Broccoflower[®], cut into 1" pieces
 - 1 teaspoon salt
 - 2 quarts water
 - 2 Tablespoons butter
 - 1 teaspoon creamed horseradish
- Salt and pepper to taste

Directions:

Place water, salt and Broccoflower[®] in four quart pot. Bring to a simmer and cook approximately ten minutes until Broccoflower[®] is tender. Drain well, put Broccoflower[®] into food processor. Add butter and horseradish. Blend all together until smooth. Check seasonings, adding salt and pepper to taste.

Serves: 4

Preparation Time: 20 minutes.



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Recipe created for Tanimura & Antle Inc. by Chef Don Ferch

Hint: This can be made one day in advance and heated in the microwave. Serve as a substitute for potatoes or rice in a low carbohydrate diet.