

Caramelized Onion Mash

Makes about 6 servings

3 cups diced white potatoes
1 medium onion
2 t cider vinegar
1 T brown sugar
1 T + 2 t worcestershire sauce

1/2 pkg frozen cauliflower florets
1 T butter
1 T cream cheese
1/2 cup skim or 1% milk
1/2 t salt



Start boiling the potatoes in a about 4 cups of water. While the vegetables are boiling, slice the onion in to strips and heat on the stove top covered over a medium to high heat. Cook for about 5 minutes, stirring every minutes. Remove the cover and add the brown sugar and 1 tablespoon worcestershire sauce and continue to cook for 30 seconds. Add the vinegar to the onions and with a wooden spoon scrape the brown bits off the bottom of the pan. Return the onions to a cutting board and chop into desired sized pieces. After potatoes have boiled for 10 minutes the cauliflower florets in with the potatoes and boil until cauliflower is soft enough to mash. Drain the boiling vegetables and mash in a bowl. Add onions, butter, cream cheese, remainder of the worcestershire, milk, and salt to the potato cauliflower mixture and mix until everything is incorporated.

Nutrition information per serving (2/3 cup): 120 calories, 3 fat (1.5 g saturated fat), 2g protein, 270 mg sodium, 2g dietary fiber. Excellent source of Vitamin C.

