

## 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 worcestershire sauce  
1/2 12oz. package frozen cauliflower florets  
1 T butter  
1 T cream cheese  
1/3 cup skim or 1% milk  
1/4 t salt

Add potatoes to about 6 cups of boiling water. Meanwhile, 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 2 minutes. Remove the cover and add cider vinegar, brown sugar, and Worcestershire sauce. Heat uncovered until very little liquid remains. After potatoes have boiled for 10 minutes add the cauliflower florets in with the potatoes and boil until cauliflower is soft enough to mash. Drain the boiling vegetables with a colander, transfer to a serving bowl and mash together. Add onions, butter, cream cheese, milk, and salt to the potato cauliflower mixture and mix until everything is incorporated. Serve immediately.

Nutrition information per serving (2/3 cup): 120 calories, 22 g carb, 3 fat (1.5 g saturated fat), 3g protein, 180 mg sodium, 2g dietary fiber. Excellent source of Vitamin C.

