



# Mock Mashed Potatoes

shared by:  
Fire Station 50  
12617 SW Walnut Street, Tigard



*If you like mashed potatoes but worry about the high-carb content, try this alternative for Thanksgiving dinner. Mashed cauliflower tastes like mashed potatoes, but is higher in nutrients and lower in calories and carbs.*

## Ingredients

- 1 medium head of cauliflower, chopped
- 1/2 teaspoon minced garlic
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper
- 1/4 cup cashews, crushed
- 1/4 cup coconut milk

## Directions

Add all the ingredients to a pot and bring to a boil over medium heat. Reduce heat to low and cover with a tight-fitting lid. Simmer for 15 minutes and then remove from heat. Puree in a blender or food processor until smooth. Add 1 tablespoon of water at a time if necessary while processing. Serves 2.

## Nutritional Value

Calories per serving: 204 | Fat 13.6 g | Carbohydrate 14 g | Fiber 4 g | Protein 7 g

Station 50, built in 2009, was the District's first LEED certified construction project. The design demonstrates TVF&R's commitment to environmental stewardship and reflects the priority we place on using our natural resources wisely and efficiently. The project also resulted in a 1.5 acre addition to neighboring Jack Park, as well as extra parking for that resource. This station serves communities within Beaverton, King City, Tigard, and unincorporated areas of Washington County.