

Smashin' Good Cauliflower

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|-----|----------------------------|---|---------------------------|
| 4 | cups cauliflower florets | 1 | tablespoon butter |
| 1/4 | cup low-fat ranch dressing | 1 | teaspoon parsley-optional |

Bring 1 cup water to boil in medium sauce pan with steamer insert. Add cauliflower and cover. Steam for 5-8 minutes or until tender. Drain. Add cauliflower, dressing and butter in food processor bowl with blade. Process for about 2-3 minutes or until the cauliflower looks like mashed potatoes. Put in serving bowl and sprinkle with parsley, if desired.

Serves 4.



Have your parent cut out the recipe on the dotted line.



TRIVIA
AT
THE
PIT
STOP



Take a rest at the pit stop and help Guido find out how many cups of fruits and vegetables you should eat daily to stay healthy.*

- A. 1 CUP
- B. 3 TO 5 CUPS
- C. 10 CUPS



PIT STOP TRIVIA ANSWER: B - 3 TO 5 CUPS