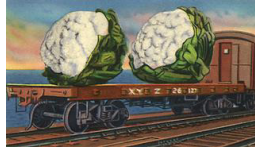


Healthy Recipe of the Week



Use organic ingredients whenever possible.

Cauliflower "Mock" Mashed Potatoes

Originally from "Healthy Living from the Inside Out" by Mariel Hemingway

Serves 2-4

**1 small cauliflower, broken into pieces
2 tablespoons unsalted butter
1 tablespoon cream (optional)
Salt and pepper to taste
Pinch of fresh thyme**

Steam cauliflower so that it is soft and falls apart easily, not mushy. Put into your blender or mixer. Add butter and some of the water from the steamer to get things moving. If you want a richer flavor, add a tablespoon of heavy cream. Add salt and pepper to taste. Mix until well pureed. Garnish with fresh thyme, if desired.

***This goes really well with the previous Healthy Recipe of the Week for "Balsamic Chicken".**