

Italian Mashed Cauliflower with Rosemary Tomato Sauce

Ingredients:

Rosemary Tomato Sauce

4 Roma Tomatoes
1 large Red Onion
1 head of Garlic, peeled
1 TBL Extra Virgin Olive Oil
1 TBL dried Rosemary
½ tea Sea Salt
½ tea Black Pepper
4 Sundried Tomatoes, soaked
1 cup Vegetable Broth

Mashed Cauliflower

1 head Cauliflower
¼ cup Dairy Free Milk of your Choice
¼ tea Sea Salt
¼ tea Black Pepper

Directions:

Preheat the oven; preheat your oven to 375 degrees.

Prepare the tomato sauce. Chop the tomatoes and onion into bite-sized pieces. Place onto a roasting pan. Pull apart the garlic bulb and remove the skin. Add the garlic onto the roasting pan. Add the extra virgin olive oil, rosemary, sea salt and black pepper. Toss the mixture using your hands. Roast for 30 to 35 minutes.

When the vegetables are done roasting, remove them from the oven and let it cool for 5 to 10 minutes. Place the vegetables in a blender with sun-dried tomatoes and vegetable broth. Blend to a desired consistency. Remove the sauce and place into a serving bowl.

Prepare the cauliflower. Cut your cauliflower into small pieces. Steam the cauliflower until tender about 5 to 10 minutes. Place cauliflower in a clean blender or food processor. Add dairy free milk, salt and pepper while blending until smooth. Remove from blender and put into a serving bowl.

Serve the dish. Serve your mashed cauliflower with the rosemary tomato sauce immediately.