

Cauliflower Mashed Potatoes

Ingredients:

- 2 cups of cauliflower, Cut into small pieces
- 8 ounces no fat chicken broth
- 1 IP potato purée mix
- 2 ounces hot water

Directions:

1. Cook the cauliflower in the broth and a small saucepan over medium to high heat until the cauliflower is soft and easily mashed.
2. Use an immersion blender and purée until smooth. May need to add additional broth at this time.
3. Mix the potato packet and hot water together and fold into the cauliflower. Mix well, season to taste and serve.

Green Bean Casserole

Ingredients:

- Two cans green beans, drained
- One small jar of sliced mushrooms
- drained Three garlic cloves, crushed(May be omitted depending upon your preference)
- One package IP mushroom soup mix prepared
- 8 ounces of no fat chicken broth
- One package IP garlic and herb crisps (or other variety as desired)
-

Directions:

1. Combine first three ingredients in a bowl and stir.
2. Put in a small casserole bowl that has been sprayed with olive oil.
3. Whisk together the soup mix and chicken broth and pour over the green bean mixture.
4. Top with crushed IP crisps of your choice.
5. Bake uncovered at 350° for 20 minutes or until the soup is bubbling around the edges.