

# CAULIFLOWER MASHED POTATOES

## INGREDIENTS

- 1 head cauliflower
- 1/8 cup skim milk
- Salt & pepper
- Paprika
- (optional – garlic, chives, parsley, cilantro)



## DIRECTIONS

- Cook cauliflower until fork tender.
- Place cauliflower (in pieces), skim milk, salt and pepper, (optional garlic, chives) in blender.
- Whip until smooth.
- (Optional) Pour cauliflower into small baking dish. Sprinkle with paprika and bake in hot oven until bubbly.
- Or serve immediately. Garnish with paprika, and parsley

# BUFFALO / TURKEY BURGERS

## INGREDIENTS

- 1 pound lean ground buffalo or turkey
- 1/4 cup chopped onions
- 1/4 cup chopped fresh cilantro
- 1 tablespoon rosemary
- 1-2 tablespoons Worcestershire sauce
- 1 egg (optional)
- 1/2 teaspoon chopped garlic (optional)
- 1/4 cup feta cheese crumbles
- 1/2 teaspoon salt, or to taste
- 1/2 teaspoon pepper, or to taste



## DIRECTIONS

- Combine all ingredients in large mixing bowl.
- Divide equally into to 4-6 balls of mixture, and form into patties.
- Cook on grill, or in sauté pan until cooked through.
- Serve with grilled vegetables and salad. Or wrap in lettuce leaf – Larkburger-style
- Top with avocado slices, grilled onion slices or feta crumbles – be creative