

MASHED CAULIFLOWER WITH ROASTED GRAPE TOMATOES

(from the Bewitching Kitchen)

1 large head of cauliflower
s squirt of lemon juice
salt to taste
1/3 cup yogurt (low-fat is ok)
drizzle of olive oil
1 Tablespoon nutritional yeast (or grated parmigiano-reggiano to taste)
smoked paprika to taste
grape tomatoes (yellow or red)
1 Tablespoon olive oil
drizzle of balsamic vinegar
salt and pepper

Start by roasting the tomatoes. Place them as a single layer on a baking dish covered with aluminum foil. Drizzle the olive oil, balsamic vinegar, and season with salt and pepper. Roast at 400 F until they start to get golden brown and release some juices. Reserve.

Cut the cauliflower in florets and cook in slightly salted boiling water with a bit of lemon juice until fork-tender. Add to a food processor (ok if a bit of water goes with it), and add the yogurt, nutritional yeast, olive oil, and spices. Process until smooth, taste and adjust seasoning, or even a bit more lemon juice if you like. Transfer to a baking dish. Top with the roasted tomatoes, but don't add too much of the tomato liquid, just a little bit.

Place in the 400 F oven for about 10 minutes to warm everything together. If the mashed cauliflower is looking more on the dry side, you can warm up covered with foil. If it seems a bit loose, warm it with no foil on top.

Serve right away with the main dish of your choice.