Mashed Cauliflower and Kohlrabi

Ingredients

- 1 head cauliflower, cut into florets
- 1 kohlrabi, peeled and cut into large chunks
- ½ cup plain low fat yogurt or Greek yogurt
- 1 tablespoon horseradish
- 1 teaspoon sea salt
- ½ teaspoon pepper
- ¼ cup chives minced + 2 tbs for garnish

Instructions

1. Using a steamer basket, bring 3 inches of water to a boil, then add cauliflower and kohlrabi.
2. Steam until the vegetables are fork tender, about 8-10 minutes.
3. Once the vegetables are cooked, pour out the cooking water and remove steamer basket.
4. Add the vegetables back into the same pan and use a potato masher to smash the cauliflower and kohlrabi together. (Let the kids help!)
5. Next, add in yogurt, horseradish, salt, pepper and ¼ cup of chives.
6. For an even smoother texture, use an immersion blender or electric mixer.
7. Serve with extra chives on top.