Dr. Denise Edwards shows us how to make our family foods healthier. Don't give up your traditions - make them part of a healthy lifestyle.

Dr. Edwards is a member of the Department of Pediatrics and Internal Medicine of USF Health at the University of South Florida in Tampa.

Recipe Card:
Cauliflower “MASHED POTATOES”

1.) Boil cauliflower florets until very soft.

2.) Drain off water and mash cauliflower with fork or potato masher.

3.) Mix with salt and/or spray butter (such as I Can’t Believe it’s not butter spray).

4.) May also add garlic or other spices.

You’ll think you’re eating mashed potatoes!

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