



Ranch & Bacon Mashies



1/5 of recipe (about 2/3 cup): 155 calories, 6g total fat (3g sat. fat), 476mg sodium, 17.5g carbs, 2g fiber, 3.5g sugars, 8g protein

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Prep: 10 minutes **Cook:** 2-3 hours or 5-6 hours



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Ingredients

3 cups cauliflower florets
12 oz. (about 9) baby red potatoes, halved
1/4 cup light/reduced-fat cream cheese
1/4 cup light sour cream
2 tsp. ranch dressing/dip seasoning mix
1/3 cup precooked crumbled bacon

Directions

Spray a slow cooker with nonstick spray. Add cauliflower, potatoes, and 1 cup water.

Cover and cook on high for 2-3 hours or on low for 5-6 hours, until potatoes and cauliflower are soft.

Turn off slow cooker. Drain cauliflower and potato. Transfer to a large bowl.

Add all remaining ingredients except bacon. Thoroughly mash and mix. Stir in bacon.

MAKES 5 SERVINGS

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