

## Zesty Mexican Cauliflower

Serves: 6

### Ingredients

1 ½ cups cauliflower florets  
½ cup low fat sour cream  
1 tbsp. low fat mayonnaise  
1 tsp. hot pepper sauce

½ cup salsa  
¼ cup low fat shredded cheddar cheese  
1 ½ cup cooked fresh corn

Cook the cauliflower florets by steaming them over boiling water for 5 minutes or until tender. Drain and set aside.

Combine all sauces in a large saucepan and cook over medium heat until bubbly, stirring constantly.

Add the cooked cauliflower and corn. Toss well and serve.

Per serving: 77 calories, 2 g total fat (1 g saturated fat), 8 mg cholesterol, 129 mg sodium, 4 g protein, 12 g carbohydrate, 2 g dietary fiber