

Get to Know Garlic!



Garlic Mashed Potatoes

Serves: 4 | *Serving Size:* 1 cup

Ingredients:

2 pounds baking potatoes, peeled and cut into chunks
1 teaspoon granulated garlic
1 tablespoon grated Parmesan cheese
1/4 cup nonfat sour cream
1/8 teaspoon black pepper
1/2 cup skim milk

Directions:

Place the potatoes in a large saucepan and cover them with cold water. Bring the water to a boil, reduce heat to medium-high, and cook until the potatoes are tender, about 15-20 minutes.

Drain the potatoes and return them to the stove. Allow the excess water to evaporate from the pan. Mash the potatoes with a potato masher or hand beater, then add the rest of the ingredients. Add the milk last, drizzling it in slowly until the potatoes reach the consistency you prefer. (You may not have to use all the milk).

Serve hot.

Nutrition Information:

Serves 4. Each serving contains 58 calories, 0 g fat, 0 g saturated fat, 0 g trans fat, 3 mg cholesterol, 56 mg sodium, 11 g carbohydrate, 1 g dietary fiber, 2 g sugar, and 3 g protein.

Each serving has 1% DV vitamin A, 5% DV vitamin C, 7% DV calcium, and 0% DV iron.

Chef's Tips:

Russets make super creamy mashed potatoes, but any variety of baking potato will work in this recipe.

Consider roasting a few whole cloves of garlic and squeezing them over the top of the dish for a buttery and flavorful garnish.

Did You Know?

Garlic can reduce your risk of cancer, heart attack, and stroke. It can also improve your cholesterol and blood pressure levels.

The ancient Egyptians treated garlic as both a food and a medicine.

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