

LiveBetter with MedWatch

Garlic Mashed Potatoes

Ingredients

- 1 pound potatoes (2 large)
- ½ cup skim milk
- 2 large cloves garlic, chopped
- ½ tsp. white pepper

Preparation

1. Peel potatoes; cut in quarters. Cook, covered, in a small amount of boiling water for 20-25 minutes or until tender. Remove from heat. Drain. Re-cover the pot.
2. Meanwhile, in a saucepan over low heat, cook garlic in milk until garlic is soft, about 30 minutes.
3. Add milk-garlic mixture and white pepper to potatoes.
4. Beat with an electric mixer on low speed or mash with a potato masher until smooth.

Makes 4 servings. Serving size: ¼ cup.

Nutrition Analysis



Per serving: 141 calories, 6 g protein, 0.3 g fat (0.2 g saturated fat), 29 g carbohydrate, 2 mg cholesterol, 70 mg sodium



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