



PUMPKIN MASHED POTATOES

PREP TIME: 35 minutes **SERVINGS:** 4

INGREDIENTS

- 1 pound medium baking potatoes, peeled and quartered
- 2 cloves garlic, peeled
- 1 cup canned pumpkin
- 2 tablespoons reduced-fat cream cheese (Neufchâtel)
- 1 tablespoon butter or tub-style vegetable oil spread
- 1/8 teaspoon ground sage
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup fat-free milk
- 1/4 teaspoon ground black pepper

INSTRUCTIONS

In a covered large saucepan, cook potatoes and garlic in enough boiling water to cover for 20 to 25 minutes or until potatoes are tender; drain. Mash with a potato masher or beat with an electric mixer on low speed until nearly smooth. Beat in canned pumpkin, cream cheese, butter, sage, salt and black pepper. Gradually add milk, beating until light and fluffy. Return to saucepan; heat through.

If desired, garnish with sage leaves.

NUTRITION INFORMATION

Each 3/4-cup serving contains 159 calories; 5 g fat (3 g sat); 4 g fiber; 26 g carbohydrates; 4 g protein; 27 mcg folate; 13 mg cholesterol; 4 g sugars; 9,716 IU vitamin A; 25 mg vitamin C; 62 mg calcium; 2 mg iron; 206 mg sodium; 647 mg potassium.

Source: Diabetic Living Magazine