



HEALTHY MASHED POTATOES

PREP TIME: 20 minutes **COOK TIME:** 45 minutes **SERVINGS:** 6

INGREDIENTS

- 2 to 4 garlic cloves
- 2 pounds potatoes, quartered (Try Yukon Golds, which have a naturally buttery taste that's just right in mashed potatoes.)
- 1/3 cup light sour cream
- 1/4 cup fat-free milk
- 1 tablespoon snipped fresh oregano, rosemary or thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

NUTRITION INFORMATION

Each 2/3-cup serving contains about: 156 calories; 4g protein; 34g carbohydrates; 1g fat (1g saturated); 2g fiber.

INSTRUCTIONS

To roast garlic, wrap unpeeled cloves in foil. Bake in a 400-degree oven 25 to 35 minutes or until cloves feel soft when pressed. When cool enough to handle, squeeze garlic from peels into a small bowl.

Meanwhile, put potatoes in a large saucepan with enough cold water to cover. Bring to a boil over high heat. Lower heat to maintain a simmer and cook until tender, about 20 minutes. Drain potatoes; return to saucepan.

Mash potatoes and softened garlic with a potato masher or an electric mixer on low speed. Add sour cream, milk, oregano, rosemary or thyme salt and black pepper. Beat until light and fluffy.

Note: Reduce or skip the salt to lower the sodium in this dish.