

Side Dish

Garlic Mashed Potatoes

Serves 4

- 1 lb potatoes (2 large)
- 1/2 cup skim milk
- 2 large cloves garlic, chopped
- 1/2 tsp white pepper

Peel potatoes; cut in quarters. Cook, covered, in a small amount of boiling water for 20 to 25 minutes or until tender. Remove from heat. Drain. Recover the pot.

Meanwhile, in a saucepan over low heat, cook garlic in milk until garlic is soft, about 30 minutes.

Add milk-garlic mixture and white pepper to potatoes. Beat with an electric mixer on low speed or mash with a potato masher until smooth.

Microwave Directions:

Scrub potatoes, pat dry, and prick with a fork. On a plate, cook potatoes, uncovered, on 100% power (high) until tender, about 12 minutes, turning potatoes over once. Let stand 5 minutes. Peel and quarter.

Meanwhile, in a 4-cup glass measure, combine milk and garlic. Cook, uncovered, on 50% power (medium) until garlic is soft, about 4 minutes. Continue as directed above.

Nutritional Analysis

calories: 141
total fat: 0.3 g
saturated fat: 0.2 g
carbohydrates: 29 g
protein: 6 g
cholesterol: 2.0 mg
sodium: 70 mg
dietary fiber: 2 g

Healthy Cooking Tip

Use low-fat (1% or 2%) or nonfat/skim milk instead of whole milk.