

MASHED POTATOES

HEALTHIER TRADITIONS COOKBOOK™

American Classics

Ingredients

- 2 ½ pounds russet potatoes, cut into 2-inch pieces
- 1 head cauliflower, chopped into 2-inch pieces
- ¼ cup grated Parmesan cheese
- 2 cloves garlic, minced
- ¼ cup 2% milk
- 2 tablespoons unsalted butter
- ¼ teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons fresh chives, chopped (optional)

Directions

1. Place potatoes in large pot and cover by 3–4 inches with water. Add salt to water and bring to a boil over medium-high heat. Reduce heat to medium-low and cook ~12 minutes. Add cauliflower, turn up heat, and return to boil. Cook until all potatoes and cauliflower are tender, about 4–6 more minutes. Strain potatoes and cauliflower and place in large, heat-proof bowl.
2. Mash potatoes and cauliflower with Parmesan, garlic, milk, butter, salt, and pepper until desired consistency. (For a creamier puree, use an immersion blender or pulse in a food processor; for lumpier mashed potatoes, use a hand masher.)
3. Serve in large bowl, garnished with chives.

SERVES 8

Nutrition Facts: 170 calories, 4g fat, 3g saturated fat,
160 mg sodium, 29g carbohydrates, 3g fiber, 6g protein