

Garlicky Whipped Potatoes

Yield: 4 servings

Ingredients:

- 1 pound red potatoes
- ½ cup skim milk
- 2 large garlic cloves, chopped
- ½ teaspoon white pepper
- 1 tablespoon fresh chives, chopped (optional)

Procedure:

Peel potatoes, cut into quarters and place in cold salted water for about 15 minutes. Drain in colander, rinse well and place in 2-quart saucepan containing 2 cups of boiling water. Cook covered for 20 to 25 minute or until tender.

Meanwhile, have milk warming over low-to-medium heat.

Add garlic to hot milk and cook until soft, about 20 to 30 minutes. Remove cooked potatoes from heat, drain in colander and replace in saucepan. Keep covered until

garlic is soft. Add milk-garlic mixture and white pepper to potatoes, mash with potato masher and then whip with an electric mixer. If desired, garnish with chopped fresh chives.

about 141
calories and
0.3 grams of
fat per serving

A serving of Garlicky Whipped Potatoes also contains 2 grams of dietary fiber. Potatoes are an excellent source of vitamin C, potassium and vitamin B6.



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