

Taco Mashed Potatoes

Yield: 4 servings

Ingredients:

1¼ cups plain yogurt
4 green onions, sliced
½ teaspoon ground cumin
2 pounds red potatoes, peeled, cut into eighths
4 cloves garlic, minced
¼ cup milk
salt and white pepper to taste
2 tablespoons chopped fresh cilantro (optional)

Procedure:

Combine yogurt, green onions and cumin in bowl. Set aside. Place potatoes, garlic and milk in microwave-safe dish; cover tightly and cook on high until potatoes are tender but not mushy, about 12 minutes. Add yogurt mixture to potatoes and mash thoroughly. Adjust seasoning with salt and pepper, garnish with cilantro, if desired, and serve.

about 240
calories and
0.5 grams of fat
per serving

A serving of Taco Mashed Potatoes also contains 15 percent of the daily calcium recommendation when made with skim milk and non-fat plain yogurt.



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