

Mashed Potatoes

Mashed potatoes are perfect any night of the year.

Makes: 7 Servings
 Prep Time: 5 minutes
 Cook Time: 20 minutes

Source: Food Hero

Ingredients

- 1 ½ pounds potatoes, peeled if desired and cubed (about 6 cups)
- ½ cup low-sodium broth or milk
- 2 Tablespoons low-fat plain yogurt or sour cream
- ½ teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 1 Tablespoon margarine or butter (optional)

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a medium saucepan, cover potatoes with cold water.
4. Bring water to a boil and simmer until potatoes are soft, about 15 minutes.
5. Drain and mash the potatoes, then stir in broth or milk, yogurt or sour cream, garlic powder, salt, pepper and margarine or butter, if desired.
6. Serve hot. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: ½ cup	
Nutrients	Amount
Calories:	90
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	100mg
Total Carbohydrates:	18g
Dietary Fiber:	2g
Total Sugars:	1g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Medium saucepan
- Large bowl
- Fork or whisk
- Mixing spoon
- Measuring spoons
- Measuring cups
- Small bowl

SHOPPING LIST

Average total cost without oil and seasonings: \$8.47

Average cost/serving: \$1.21

Makes: 7 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Brown rice



Add 1 to Cart
Low sodium broth



Add 1 to Cart
Potatoes

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- For extra flavor: Warm the milk or broth before mixing into the potatoes to create smoother, creamier mashed potatoes without overmixing.
- Boost nutrition: Leave the potato skins on for added fiber and nutrients — just scrub well before cooking.

