

Recipes

Creamy Garlic Mashed Potatoes

Ingredients:

8 medium potatoes 4 large cloves garlic 1/2 teaspoon salt 1/8 teaspoon pepper 1/3 cup skim milk 1/4 cup sour cream, light

Equipment:

Cutting board Knife Sauce pan with lid Measuring cups Measuring spoons Potato masher

Number of Servings: 8 Prep Time: 10 minutes Total time: 30 minutes

Directions

- 1. Place garlic cloves on a cutting board, and lay flat part of knife on top. Use heal of hand and slap knife to break the tough skin of clove. Peel off skin, and set cloves aside.
- Wash potatoes, and cut into large pieces that are about the same size. Place potatoes and garlic in medium saucepan; add enough cool water to cover. Bring to a boil. Reduce heat to medium-low; cover loosely and boil gently for 15 to 20 minutes or until potatoes break apart easily when pierced with fork. Drain well.
- 3. Add milk and sour cream to saucepan, and mash potatoes and garlic until no large lumps remain. Add salt, pepper and continue mashing until potatoes are smooth.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts

Serving Size: 3/4 cup Servings: 4

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Amount Per Serving			
Calories 104		Calories from Fat 9	
	%Daily Value*		
Total Fat trac	e 1g		0%
Saturated Fat trace 1g			1%
Cholesterol 1mg			0%
Sodium 148mg			6%
Total Carbohydrate 23g			8%
Dietary Fiber 2g			8%
Protein 3g			6%
Vitamin A	0%	Vitamin C	40%
Iron	5%	Calcium	3%
*Percent Daily Values are based on a 2,000 calorie diet.			

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