

Hearty Mashed Potatoes

Ingredients:

2 pounds baking potatoes
 15 ounces garbanzo beans
 1/2 cup skim milk
 1/4 cup Parmesan cheese,
 shredded
 1/2 teaspoon garlic powder
 Black pepper to taste

Equipment:

Cutting board
 Knife
 Colander
 Large sauce pan with lid
 Can opener
 Potato masher

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

Directions

1. Wash and cut potatoes in half lengthwise. Lay on a cutting board and cut in half lengthwise again. Cut potatoes into chunks about the same size.
2. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer. Cook for 10 minutes after they begin to boil.
3. Open garbanzo beans and pour into a colander. Run under cool water to remove sodium. Allow to drain.
4. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
5. Drain water from potatoes and beans. Place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
6. Add the milk, cheese and seasonings.
7. Reheat if necessary. Serve hot.

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Nutrition Facts

Serving Size: 1 cup
 Servings: 8

Amount Per Serving		Calories from Fat 36	
		%Daily Value*	
Calories	300		
Total Fat	4g	6%	
Saturated Fat	1g	4%	
Cholesterol	2mg	1%	
Sodium	74mg	3%	
Total Carbohydrate	54g	18%	
Dietary Fiber	11g	44%	
Protein	14g	28%	
Vitamin A	2%	Vitamin C	41%
Iron	23%	Calcium	12%

*Percent Daily Values are based on a 2,000 calorie diet.

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