

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 heel of hand and slap knife to break the tough skin of clove. Peel off skin, and set cloves aside.
2. 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.

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Nutrition Facts

Serving Size: 3/4 cup
 Servings: 4

Amount Per Serving		
Calories 104		Calories from Fat 9
		%Daily Value*
Total Fat	trace 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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