

Garlic Mashed Potatoes

DELICIOUS
FAMILY MEALS
UNDER \$15

SERVINGS: 4

INGREDIENTS:

- 1 whole garlic head
- 1 1/2 lbs Russet or Yukon gold potatoes, washed, cut into quarters
- 1/2 medium yellow onion, peeled, diced
- 1/4 cup fat free milk
- 1/4 cup plain non fat yogurt
- 1 tsp dried rosemary
- 1/2 tsp salt
- 1/2 tsp ground black pepper
- 1/2 tsp onion powder

SERVING NUTRITIONALS:

calories 200
calories from fat 5
total fat 0g
saturated fat 0g
trans fat 0g
cholesterol 0mg
sodium 340mg
total carbohydrate 43g
dietary fiber 5g
sugars 4g
protein 6g
vitamin A 2%
vitamin C 45%
calcium 10%
iron 10%

Garlic Mashed Potatoes Shopping List



PRODUCE:

- 1 whole garlic head
- 1 1/2 lbs Russet or Yukon gold potatoes
- 1/2 yellow onion

DAIRY:

- fat free milk
- plain non fat yogurt

SPICES & SEASONINGS:

- dried rosemary
- salt
- black pepper
- onion powder

FOLD

DIRECTIONS:

1. Preheat oven to 350°F.
2. Peel papery skin from garlic, leaving whole head intact. Wrap in foil and bake for 1 hour. Cool and separate cloves to extract garlic pulp. Discard skin and squeeze garlic pulp into small bowl; set aside.
3. Place potatoes and onion in large pot with water to cover. Bring to a boil, cover and reduce heat; simmer 15 to 20 minutes or until potatoes are fork tender. Drain in colander.
4. In large bowl, combine potatoes, onion, garlic pulp, milk, yogurt, rosemary, salt, black pepper, and onion powder. Mash with potato masher until all blended but still chunky. Serve immediately.

Source: www.mealsmatter.org

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