

# Perfect Mashed Potatoes

Hand mashed to perfection!



Level: Medium

6 - 1/2 cup servings

## Kids' Tool Kit

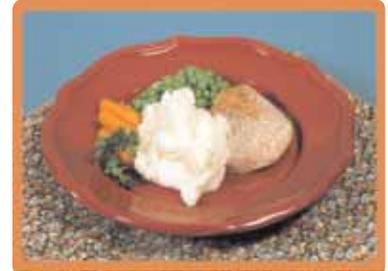
Peeler  
Knife  
Cutting board  
Large pan  
Potato masher  
Microwaveable measuring cup  
Strainer  
Spoon

## Chef's Choice

Perfect Mashed Potatoes  
Roast beef  
Green beans  
Low fat milk

## Ingredients:

4 to 5 large potatoes  
1/2 to 1 cup low fat milk  
2 tablespoons margarine or butter  
Salt and pepper to taste



## Directions:

**Remember to wash your hands!**

1. Wash, peel and quarter potatoes.
2. Cover potatoes with water and bring to a boil in a large pan.
3. Cook 18 to 20 minutes or until tender; drain.
4. Heat milk and margarine in a glass measuring cup in the microwave.
5. Mash potatoes with a handheld potato masher or an electric mixer. Add half the milk mixture and continue mashing. Keep adding milk until you reach the desired consistency. Season with salt and pepper if desired.



**Helpful Hints:** Be careful to watch the pot of boiling potatoes. Potatoes have a tendency to boil over so use a pan larger than you'd normally choose to avoid a mess on your stovetop.

How do you know when potatoes are tender or cooked? Stick a fork or knife into the potato to see if it is soft. If the fork inserts easily, the potato is done.

Try different toppings on mashed potatoes such as salsa, cheddar or Parmesan cheese, crumbled cooked bacon, chopped basil or chili powder.



**Safety Tips:** Adult supervision is a must when draining cooking water from potatoes. The steam and hot water can really burn. Kids will have fun "smashing" the potatoes, but remember the pan is hot, so set it at a level kids can reach safely.

## Nutrition Facts

Serving Size 1/2 cup (282g)	
Servings Per Container 6	
Amount Per Serving	
<b>Calories</b> 240	Calories from Fat 40
% Daily Value*	
<b>Total Fat</b> 4.5g	7%
Saturated Fat 1g	5%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 80mg	3%
<b>Total Carbohydrate</b> 45g	15%
Dietary Fiber 5g	22%
Sugars 3g	
<b>Protein</b> 6g	
Vitamin A 4%	Vitamin C 80%
Calcium 6%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 60g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at [www.kidsacookin.ksu.edu](http://www.kidsacookin.ksu.edu), or e-mail [kidsacookin@ksu.edu](mailto:kidsacookin@ksu.edu).