

Perfect Mashed Potatoes

Hand mashed to perfection!

6 servings

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:

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.

Nutrition Facts: One 1/2 cup serving provides 240 calories, 4.5g total fat, 0mg cholesterol, 80mg sodium, 45g total carbohydrate

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

K-State Research and Extension
Family Nutrition Program



www.kidsacookin.ksu.edu

Chef's Choice

Perfect Mashed Potatoes
Roast Beef
Green Beans
Low Fat Milk

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