



SMASHED POTATOES

May 20, 2009

- 1 pound red new potatoes, washed and quartered
- 4 garlic cloves, peeled
- ½ cup fat-free half-and-half, heated
- ½ teaspoon salt
- ¼ teaspoon ground black pepper

1. Add potatoes and garlic cloves to a large soup pot. Cover with cold water and bring to a boil. Cook for 20 minutes or until potatoes are soft. Drain and return to pot.
2. Add remaining ingredients, and using a potato masher or study whisk, smash potatoes and garlic until blended but still lumpy.

Nutrition Facts per serving

Exchanges: 1 ½ Starch

Calories 118, **Calories from Fat** 5, **Total Fat** 1 g, **Saturated Fat** 0 g, **Cholesterol** 2 mg, **Sodium** 339 mg, **Total Carbohydrate** 26 g, **Dietary Fiber** 2 g, **Sugars** 4 g, **Protein** 3 g



HEALTHY COMMUNITIES HEALTHY PEOPLE PROGRAM

Mary Beth Gurganus, LD/N
Jackson County Health Department
3045 4th Street ~P O Box 310
Marianna, FL 32446

Phone: 850-526-2412 ext 282
Fax: 850-482-9564
E-mail: WellnessBuddy@doh.state.fl.us

Providing guidance and support to make the "healthy choice the easy choice!"

