

Green-Mash Potatoes

4 servings



Ingredients

- 3 medium potatoes, scrubbed with a clean vegetable brush under cold running water
- ½ cup skim milk (divided)
- 1 garlic clove (peeled)
- ½ cup frozen peas
- 1 Tablespoon margarine
- Dash white pepper (optional)
- ⅛ teaspoon salt

Nutrition Information: Serving Size (1 cup): Calories 160, Total Fat 3g, Saturated Fat 0.5g, Cholesterol 0mg, Sodium 130mg, Total Carbohydrates 30g, Fiber 3g, Total Sugars 3g, includes 0g Added Sugars, Protein 4g, Vitamin D 0%, Calcium 4%, Iron 6%, Potassium 10%

Instructions

1. Wash hands with soap and water. Peel and dice potatoes.
2. Simmer potatoes in a medium-sized pan on the stove for about 10 minutes or until soft when pierced with a fork.
3. Cook peas in a microwave-safe bowl for about 1 minute or until cooked. Drain.
4. Heat milk in a microwave-safe bowl about 1 minute until hot. Add garlic clove and let stand for 5 minutes.
5. In a blender puree peas, 2 tablespoons milk, and garlic clove.
6. Drain potatoes and begin to mash. Slowly add 6 tablespoons milk while mashing. Blend in the pureed peas and garlic, margarine and white pepper (optional) to the mashed potatoes.
7. Place mashed potatoes in a serving dish. Lightly sprinkle salt on top of potatoes.
8. Store leftovers in a sealed container in the refrigerator for up to four days.

Recipe Source: MyPlate Kitchen

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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