Babette’s Potatoes
Serving Size: ¼ of recipe
Serves: 4

Ingredients
5 medium red potatoes
¼ cup low fat kefir, plain unflavored
1 tablespoon butter or margarine
Dash of salt
Dash of coarse ground black pepper
¼ cup fresh parsley, diced
2 tablespoons fresh chives, diced

Directions
Pierce the potatoes with a fork and microwave them whole for 3 minutes. Turn them over and microwave them for 2 minutes more just until they are tender but not mashable. You should be able to slice them into pieces without them falling apart.

In a mixing bowl, combine the kefir, chives, parsley, salt and pepper.

In a separate warmed serving bowl, add the butter. Cut the still warm potatoes into bite-size pieces and stir them into the butter. Stir in the kefir mixture to coat the potatoes. Serve immediately.

Exchanges per serving:
2 Starches, ½ Non-fat Milk

Nutrients per serving:
Calories: 225
Calories from fat: 30
Total Fat: 3g
Cholesterol: 8mg
Sodium: 71mg
Total Carbohydrate: 45g
Dietary Fiber: 5g
Protein: 6g