

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 bitesize 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