

## **Homemade Rosemary Garlic Mashed Potatoes**

Serving Size: ½ cup

Serves: 8

### **Ingredients:**

3 pounds red potatoes, washed and unpeeled  
3 cloves garlic, minced  
1/3 cup freshly grated Parmesan cheese  
1 tablespoon butter or margarine  
1 tablespoon chopped fresh rosemary  
2/3 cup skim Milk  
salt and black pepper to taste

### **Directions:**

In a large sauce pan, combine the potatoes and garlic. Cover with water and bring to a boil. Boil for 15 to 20 minutes or until potatoes are tender. Drain the water off and return the potatoes and garlic to the pan.

With a hand held masher, mash the potatoes and garlic until well blended and no lumps remain. Add the cheese, butter and rosemary and mix until smooth. Gradually stir in the milk and mix until fluffy. Season with salt and pepper.

### **Exchanges per serving:**

2 Starches

### **Nutrients per serving:**

Calories: 160

Calories from fat: 25

Total Fat: 3g

Cholesterol: 4mg

Sodium: 95mg

Total Carbohydrate: 29g

Dietary Fiber: 3g

Protein: 6g