

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