

Mashed Potato

Pair with protein rich food to increase healing benefits!



 4 servings  20 minutes

INGREDIENTS

2 lb russet potato (about 4 medium, peeled and cut into 1 inch pieces)
½ cup (or more) milk, warmed*
⅓ cup sour cream, room temp*
2 Tbsp butter, melted
¼ Tsp salt

*warmed dairy products absorb faster and easier

DIRECTIONS

1. Bring a large pot of salted water to a boil
2. Carefully add potatoes, cook uncovered for 15 minutes or until fork can easily be inserted
3. Drain potatoes in a colander to remove all water
4. Return to pan and mash, using potato masher or hand mixer until smooth
5. Fold in warmed milk, sour cream, butter and salt (add more milk as needed)
6. Stir in any flavor variations that you desire

7. Serve immediately

Flavor Variations

Add garlic & rosemary

Add fresh herbs such as chives, rosemary, parsley or thyme

Add shredded parmesan or cheddar cheese

Nutrition Facts

Serving: 1 cup

Calories 181

Amount	% Daily Value*	Amount	% Daily Value*
<u>Total Fat 5.7g</u>	9%	<u>Total Carbs 29g</u>	10%
<u>Saturated 3.6g</u>	18%	<u>Dietary Fiber 2g</u>	8%
<u>Trans Fat 0.0g</u>		<u>Sugars 2g</u>	
<u>Cholesterol 16mg</u>	5%	<u>Protein 4g</u>	0%
<u>Sodium 222mg</u>	9%		
Calcium 6%	Iron 7%	Vitamin A 4%	Vitamin C 15%

*Percent Daily Values are based on a 2000 calorie diet.
Your Daily Values may be higher or lower depending on your calorie needs.