



Potato-Cauliflower Mashed Potatoes

Recipe Source: superhealthykids.com

Makes 4 Servings

Ingredients:

- 2 medium russet potatoes
- 1 medium cauliflower
- 4 garlic cloves (optional)
- ½ cup non-fat sour cream
- 4 cup chicken broth, low sodium
- ¼ cup Greek yogurt, plain
- ½ teaspoon salt
- 1/8 teaspoon black pepper, ground
- 1 tbsp fresh herbs of choice: Parsley, thyme, chives

Steps:

- Peel and cut potatoes into 1 - inch cubes and cauliflower into florets.
- Add to a large pot along with the broth and garlic, bring to a boil.
- Reduce heat to a simmer and continue cooking until potatoes and cauliflower are fork-tender; drain
- Using your tool of choice, mash together until well blended and creamy
- Add the sour cream, yogurt, salt and pepper. Mix well

Tips from the Test Kitchen: Only use cauliflower florets, not the stalks. Add more chicken broth or water to pot if needed to cover potatoes and cauliflower for boiling. For more fiber and nutrients try keeping the skins on the potatoes.

Nutritional Facts (per serving): Calories: 177, Carbohydrates: 30 grams, Protein: 10 grams, Total Fat: 3 grams, Saturated Fat: 2 grams, Cholesterol: 8 mg, Sodium: 432 mg, Fiber: 3 grams, Total Sugars: 2 grams.