



Skinny Garlic Mashed Potatoes

Recipe Source: www.skinnytaste.com

Makes 5 Servings

Ingredients:

2 lbs (4 medium Yukon gold potatoes), peeled and cubed
4 large garlic cloves, peeled and halved
¼ cup light sour cream
½ cup fat free chicken broth (sub vegetable broth for vegetarian)
¼ cup of skim milk
1 tbsp whipped butter
Kosher salt to taste
Dash of ground pepper
1 tbsp fresh herbs of choice: Parsley, thyme, chives

Steps:

- Put potatoes and garlic in large pot with salt and enough water to cover. Bring to a boil.
- Cover and reduce heat. Simmer for 20 minutes or until potatoes are tender.
- Drain and return potatoes and garlic to pan. Add sour cream and remaining ingredients. Using a masher, mash until smooth.
- Season with salt, pepper and fresh herbs to taste

Nutritional Facts (Per Serving): Calories: 178, Carbohydrates: 35 grams, Protein: 4 grams, Total Fat: 4 grams, Saturated Fat: 2 grams, Cholesterol: 11 mg, Sodium: 167 mg, Fiber: 3 grams, Sugars: 2 grams.