

# RECIPE

## Garlic Mashed Potatoes

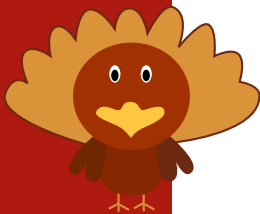
Start to Finish: 40 minutes Servings: 4

### Ingredients:

1 pound (about 2 large) potatoes,  
peeled and quartered  
2 cups skim milk  
2 large garlic cloves, chopped  
½ teaspoon white pepper  
Water

### Directions:

1. Cook potatoes, covered, in a small amount of boiling water for 20-25 minutes or until tender. Remove from heat. Drain and re-cover.
2. Meanwhile, in a small saucepan over low heat, cook garlic in milk until garlic is soft, about 30 minutes.
3. Add milk-garlic mixture and white pepper to potatoes. Beat with an electric mixer on low or mash with a potato masher until smooth.



### Nutrition Information Per Serving:

141 Calories; 1 g Total Fat; 1 g Saturated Fat; 2 mg Cholesterol; 70 mg Sodium