

Mash'd Taters

Makes: 5 Servings

This is a very quick and easy side dish. This three-step dish can be ready in minutes.

Ingredients

- 4 1/2 cups** water
- 4 1/2 teaspoons** light buttery spread
- 4 1/2 cups** dehydrated potatoes
- 1/4 cup** low-fat milk
- 1/2 tablespoon** garlic powder (optional)

Directions

1. Over medium to high heat, combine water and light buttery spread in a medium-size pot, and bring it to a boil.
2. Turn off heat; add potatoes and mix well.
3. Add milk to potatoes and mix well. If using garlic powder, add that too.

Notes

Tip: Change the recipe by adding fresh onion, green pepper, blended American and skim cheese, or substitute chicken broth for a rich flavor with less fat. Remember that adding chicken broth will increase the sodium.



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	175	
Total Fat	2 g	
Protein	4 g	
Carbohydrates	36 g	
Dietary Fiber	3 g	
Saturated Fat	0.6 g	
Sodium	81 mg	

Cookbook: A Harvest of Recipes with USDA Foods Adapted from a recipe submitted by Alicson Scott, Chickasaw Nation Get Fresh! Program