

Creamy Mashed Potatoes

Makes: 2 Servings

Use dehydrated potato flakes to make these creamy mashed potatoes. Stir shredded cheese, corn, dried or fresh herbs, or garlic into cooked potatoes to add flavor.

Ingredients

- 1 cup** dehydrated potatoes prepared with 1 cup water
- 2 tablespoons** Parmesan or Cheddar cheese (grated)
- 2 tablespoons** plain yogurt
- 1 teaspoon** dried parsley (if you like)

Directions

1. Place prepared potatoes in a bowl.
2. Stir in cheese and yogurt. For even creamier potatoes, add up to 2 tablespoons more yogurt.
3. If using parsley, add that too.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	1.5 g	
Protein	5 g	
Carbohydrates	26 g	
Dietary Fiber	2 g	
Saturated Fat	1 g	
Sodium	120 mg	