

Hearty Mashed Potatoes

Rating: ★★★★★

Makes: 6 servings

Ingredients

2 pounds potatoes (baking, peeled and cut in chunks)
1 can garbanzo beans (15 ounce, drained)
3/4 cup milk, non-fat (or fortified soy milk)
1/4 cup Parmesan cheese
1/2 teaspoon garlic powder
black pepper (to taste)

Directions

1. Place the potatoes in a large sauce pan and cover with water. Bring to a boil over high heat then reduce to a simmer.
2. Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water and place the sauce pan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
4. Add the milk, cheese and seasonings.
5. Reheat if necessary. Serve hot.

Food and Health Communications, Inc., Cooking Demo II

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	2.5 g	4%
Protein	9 g	
Carbohydrates	37 g	12%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	270 mg	11%