

Homemade Mashed Potatoes

Makes: 8 servings

Ingredients

- 2 pounds** potatoes (6 medium)
- 1 cup** milk, low-fat
- 3 tablespoons** margarine or butter
- 1 teaspoon** salt
- 1/2 teaspoon** pepper (ground)

Directions

1. Peel the potatoes, and cut them into chunks.
2. Put the potatoes in a medium saucepan with enough water to cover them.
3. Cook the potatoes on medium heat for 15 minutes or until tender.
4. Remove the potatoes from the heat. Drain the water off the potatoes.
5. Mash the potatoes with a fork or potato masher.
6. Stir in enough milk to make the potatoes smooth and creamy.
7. Add the butter, salt and pepper.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	140	
Total Fat	4.5 g	7%
Protein	3 g	
Carbohydrates	22 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	1 g	5%
Sodium	340 mg	14%