

Creamy Comfort-Food Mashed Potatoes

“Simple but mouthwatering, these potatoes are low in fat and full of flavor. (Traditional mashed potatoes contain more than 3 times the amount of fat and have 42 percent more calories!) Serve with any fish, chicken, or meat dish”.

6 servings

INGREDIENTS:

- 2 1/2 pound Yukon Gold or any medium-starch potato, peeled and cut into large pieces
- 2 teaspoons salt
- 1 cup fat-free half-and-half
- 2 tablespoons butter
- Salt and pepper, to taste

DIRECTIONS:

- Place potatoes in a large pot, cover with cold water, and add salt. Bring water to a gentle boil and cook potatoes until they are very soft and fall apart, approximately 30 minutes.
- Drain potatoes well, return to pot, and mash with electric mixer or potato masher, adding half-and-half and butter a little at a time. Make potatoes as lumpy or creamy as you want, but don't over whip, since this can make them too sticky. Season with salt and pepper.

The Food and Mood Cookbook by Elizabeth Somer: page 186