

Mashed Potatoes

Nothing beats the comfort food of plain mashed potatoes.

MAKES 6 TO 8 SERVINGS

2½ pounds baking potatoes, peeled
and quartered
3 tablespoons margarine
⅔ cup skim milk, warmed
⅓ cup plain nonfat yogurt
Salt and pepper to taste
½ cup chopped green onions (scallions)

Combine the potatoes and enough water to cover in a large nonstick saucepan; bring to a boil. Lower the heat, cover, and cook until tender about 20 to 25 minutes; drain. In a bowl, mash the potatoes with the margarine, milk and yogurt until creamy. Season to taste. Transfer to serving dish, sprinkle with green onions and serve.

Nutrition information per serving

*Calories 159, Protein (g) 4, Carbohydrate (g) 27,
Fat (g) 4, Calories from Fat (%) 25, Saturated Fat (g) 1,
Dietary Fiber (g) 2, Cholesterol (mg) 1, Sodium (mg) 74,
Diabetic Exchanges: 2 starch, 0.5 fat*

DOC'S NOTES:

Easy on the stomach, and potatoes are filled with vitamins B6, C, iron, magnesium and niacin. Niacin helps in the conversion of food into energy. It helps to maintain normal functions of the skin, nerves, and digestive system.

HIGH CALORIE
HIGH PROTEIN