

LOW-CARB MASHED POTATOES

NOTES

Yukon gold potatoes are naturally creamy and sweet, and the skins taste like butter. If you can't find yukon potatoes, substitute with yellow finns.

INGREDIENTS

8 yukon gold potatoes, peel left on, cut into 1-inch pieces (about 3 cups)
4 large cloves garlic, peeled and quartered
3/4 large head cauliflower, separated into florets (about 3 cups)
1 1/2 tablespoons butter
1/2 cup chicken (or veggie) broth
1/3 cup nonfat Greek yogurt
Salt and pepper, to taste
For the garnish: Fresh chives, chopped



DIRECTIONS

1. Add potatoes and garlic to a large pot of boiling water, cook for about 10 minutes. Then add cauliflower; cook for an additional 7-10 minutes or until both the potatoes and cauliflower are tender.
2. Remove from heat, drain the contents of the pot and transfer mixture to a large bowl. Add butter, broth, yogurt, salt and pepper. Using a hand mixer, whip to desired consistency.
3. Garnish with fresh chives and serve.

Makes 8 servings: calories 167, total fat 2.5 g, saturated fat 1.5 g, trans fat 0 g, cholesterol 6 mg, sodium 92 mg, total carbohydrates 32 g, fiber 4 g, sugars 2.9 g, protein: 5.6 g (*Recipe from Popsugar.com*)

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