

Recipe

Mashed potatoes

These mashed potatoes swap butter for olive oil and are dairy-free. Using less olive oil also helps keep the calorie and fat content down.

Makes 6 servings | Prep: 5 minutes | Cook: 25 minutes



Ingredients

- 2 lb cubed Yukon Gold potatoes
- 3 Tbsp olive oil
- $\frac{3}{4}$ tsp salt, divided
- $\frac{1}{8}$ tsp black pepper

Preparation

Place potatoes in a large saucepan; cover with water. Bring to a boil and cook 20 minutes or until very tender; drain. Cool, uncovered, 5 minutes. Return potatoes to pan, adding olive oil, $\frac{3}{4}$ tsp salt and pepper; mash to desired consistency. Keep warm.

Nutrition information per serving | Serving size: $\frac{3}{4}$ cup



Calories: 162 | Total fat: 7 g | Saturated fat: 1 g | Sodium: 388 mg | Cholesterol: 0 mg | Total carbs: 27 g | Fiber: 3 g
Sugars: 3 g | Protein: 4 g | Potassium: 394 mg

TeladocTM
HEALTH