

HEALTHY MASHED POTATOES



HEALTHY EATING SERIES
COMPLIMENTS OF SFG

Ingredients

- 2 pounds russet potatoes (approx. 3 large), peeled and chopped into 1-inch pieces
- ½ cup Greek yogurt
- ½ cup milk
- ¼ cup chicken broth (look for low sodium)
- 1 tbsp butter
- ½ tsp extra-virgin olive oil
- Salt and pepper, to taste

Nutrition

Russet potatoes are very nutritious if the high-fat and high-calorie toppings and preparation techniques are avoided! They are high in **B vitamins**, including Vitamin B6, Niacin, Folate, Thiamine and Riboflavin. These vitamins are critical for energy and metabolism. Potatoes also contain meaningful amounts of **Vitamin C** and **Potassium**.

The Greek yogurt in this recipe contributes to the **protein** content, and the extra-virgin olive oil contributes healthy, **unsaturated fat**.

Preparation time	Cook time	Total time	Servings
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10 min

20 min

30 min

4-6

Description

Creamy, smooth mashed potatoes can still be heart-healthy! Enjoy this recipe without the guilt by substituting with low-fat milk, Greek yogurt and chicken broth.

Directions

- Boil Potatoes:** Place potatoes in a large pot and fill with salted water. Cover potatoes about one inch. Bring to a boil, then turn down to low, cover and simmer for 15-20 minutes, until potatoes are tender.
- Mash Potatoes:** Drain and place potatoes into a mixing bowl (or back in the pot). Mash the potatoes using a potato masher.
- Add Mix Ins:** Add Greek yogurt, milk, broth, butter and olive oil. Whisk until light and fluffy. Add salt and pepper, to taste. Whisk until combined.

Notes

Milk and Yogurt: To lower the saturated fat in this recipe, use low fat or non-fat milk and yogurt.

Storage: Store in the refrigerator for up to 3 days. Reheat in the microwave or oven.

Original Source: [Ahead of Thyme](#)