

Low Sodium Garlic Mashed Potatoes



Ingredients:

- 8 potatoes, peeled and quartered
- 1/4 cup unsalted butter, softened
- 2 teaspoons pepper
- 1/2 cup low-fat milk
- 1 teaspoon salt
- 3 garlic cloves, minced
- 4 tablespoons parsley, chopped

Instructions:

1. Boil potatoes until soft, about 20 minutes.
2. Drain the potatoes and place them in a small bowl.
3. Add the butter, milk, garlic, salt and pepper to the potatoes.
4. Use an electric mixer to blend all ingredients together.
5. Garnish with parsley and serve.

Servings: 8



Tarrant County Public Health
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