

Cream Cheese Whipped Potatoes

(Makes 8 servings)

Ingredients:

- 2 lbs potatoes
- ¾ cup nonfat milk
- 4 tablespoons low-fat cream cheese
- 4 tablespoons nonfat sour cream
- 1 teaspoon salt
- Black pepper to taste

Directions:

- 1) Peel potatoes; cut into small chunks. Cover with water; bring to a boil and simmer until fork tender; about 20 to 30 minutes.
- 2) Drain and return to pot, reducing heat to low. Add remainder of ingredients and heat through (potatoes mash better when other ingredients are warm).

Alternatively: Cook potatoes per directions ahead of time, drain, cover and refrigerate in a microwave-safe container. Just before serving, add remainder of ingredients and microwave until hot, about 6 minutes total — stopping to stir once at 3 minutes. Whip as per remaining instructions.

- 3) Mash with hand mixer or with electric mixer.

Nutritional Analysis: (per serving / 1/8 of recipe)

- Calories: 136 (12% calories from fat)
- Fat: 1.5 g
- Saturated Fat: 0.9 g
- Protein: 4 g
- Carbohydrates: 22 g
- Fiber: 1.8 g

Source:

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