

Mashed Potatoes

Serves 8, 120 calories

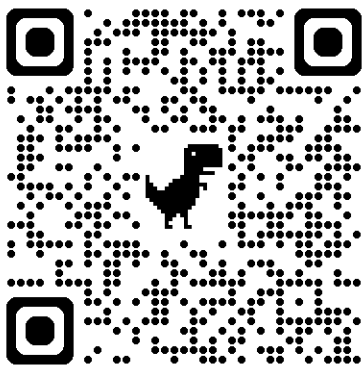
This recipe has less dairy fat than most mashed potato recipes. I serve it with dishes that have substantial gravy like [Boef Noir](#).

Ingredients:

- 2 lbs. Yukon Gold potatoes
- 3/4 cup low-fat buttermilk
- 2 Tbsp. unsalted butter
- 1 tsp. salt
- 1/2 tsp. garlic powder

Equipment:

- Large pot
- Ricer
- Saucepan



Mashed Potatoes:

| <input checked="" type="checkbox"/> | Directions | Min |
|-------------------------------------|--|-----|
| | Peel 2 lb. potatoes and cut into 1" chunks | 10 |
| | In a large pot cover potatoes with cold water and a large pinch of salt | 1 |
| | Bring to a boil and then simmer until tender | 15 |
| | In a saucepan, heat buttermilk and 2 Tbsp. butter until the butter melts. Do not boil. | 3 |
| | Drain the potatoes. Return potatoes to the pan over low heat to dry them. | 2 |
| | Use a ricer to mash the potatoes. | 3 |
| | Slowly fold the warm buttermilk into the potatoes | 1 |
| | Stir in garlic powder and salt a bit at a time. Taste as you go. | 1 |
| | Total 36 min | |