

Mashed Potatoes

Makes 4 servings | **Vegetables**

Ingredients

- 8 medium potatoes
- ½ cup low-fat milk
- 2 Tablespoons soft-tub margarine
- Salt to taste

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. Wash potatoes, removing sprouts and blemishes. Leave peels on and cut into 2-inch pieces.
3. Put potatoes in saucepan, cover with water, add salt, and bring to a boil. Reduce heat and simmer until fork tender, about 30 minutes.
4. Drain potatoes.
5. Mash with a potato masher or fork. Add milk to desired consistency and salt to taste. Add margarine and stir. To help fluff the potatoes, cover and place on very low heat for about 5 minutes.



Extension



Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.

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This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider. This material was funded by USDA's Expanded Food and Nutrition Education Program-EFNEP. USDA is an equal opportunity provider and employer.