

Mashed Potatoes

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Serves 4-6, 3-5 FSP depending on number of servings. Weight or measure entire amount and divide by 4-6 to get serving size

- 1 1/2 lbs potatoes, washed, peeled and cubed (weighed after peeling)
- 1 Tbsp light butter
- 1/4 cup 1% milk
- salt and pepper to taste

1. Wash, peel, cube potatoes
2. Put in pot, cover with water
3. Bring to a boil, reduce heat and cook until tender
4. Drain. Add butter, and mix with an electric mixer.
5. Add salt, pepper and milk, mix until creamy.
6. Weigh or measure entire amount and divide by 4 or 6 to get proper serving size.