

Mashed Potatoes

Ingredients:

- 2 pounds potatoes
- 1 cup skim milk
- 3 tablespoons margarine
- 1 teaspoon salt
- 1/2 teaspoon ground pepper

Equipment:

- Cutting board
- Knife
- Parer/Potato Peeler
- Medium saucepan with lid
- Potato Masher
- Measuring cups
- Measuring spoons

Number of Servings: 8
 Prep Time: 20 minutes
 Total time: 20 minutes

Directions

1. Peel the potatoes, and cut them into chunks.
2. Put the potatoes in a medium saucepan with enough cool water to cover them.
3. Cover. Bring to a boil and cook the potatoes on medium heat for 15 minutes or until tender.
4. Remove the potatoes from the heat. Drain.
5. Mash the potatoes with a fork or potato masher.
6. Stir in enough milk to make the potatoes smooth and creamy.
7. Add the butter, salt and pepper.

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Nutrition Facts

Serving Size: 1/2 cup	
Servings: 8	
Amount Per Serving	
Calories 139	Calories from Fat 36
%Daily Value*	
Total Fat 4g	7%
Saturated Fat 1g	4%
Cholesterol 1mg	0%
Sodium 339mg	14%
Total Carbohydrate 22g	7%
Dietary Fiber 2g	7%
Protein 3g	7%
Vitamin A 5%	Vitamin C 38%
Iron 5%	Calcium 5%
*Percent Daily Values are based on a 2,000 calorie diet.	

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