Mashed Potatoes

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

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.

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