



Garlic Mashed Potatoes

INGREDIENTS:

1 large	Potato (Russet or Yukon Gold), medium chunky diced
1 medium	Turnip or Sweet Potato or 2 parsnips/carrots, chunky
1 oz.	Fat-free cream cheese
1/2 tsp	Fresh thyme
1/2 Tbsp	Fresh garlic, minced
To taste	Ground pepper
1/4 cup	Fat-free or 1% milk; as needed

PREPARATION:

- Peel potatoes and other roots and steam until just soft.
- Transfer to a deep bowl and whip with an electric mixer.
- Add remaining ingredients (excluding milk) and whip until smooth.
- Add milk as needed to create a nice texture.

Number of Servings:	4
Serving Size:	1/2 cup
Calories:	59
Fat Grams:	Trace

