



## 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.

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

