

Recipe Corner

Tips to Fluffier Mashed Potatoes:

- ❖ Russet potatoes make fluffier mashed potatoes
- ❖ Cut potatoes into pieces before cooking
- ❖ Cut potatoes can be stored in cold water up to 2 hrs before cooking in order to prevent darkening
- ❖ Cook potatoes over medium heat. Potatoes are done when they are fork-tender. Immediately drain and continue to cook over low heat for about 1 minute in order to remove excess water.
- ❖ Heat milk over low heat before adding to potatoes. This will prevent the potatoes from becoming sticky.
- ❖ Beat potatoes until they are light and fluffy. Overbeating causes potatoes to become gummy

Homemade Mashed Potatoes

Ingredients:

4 lbs russet potatoes (about 10-12 medium), peeled, cut into pieces

2/3 to 1 cup milk, warmed

1/2 cup butter or margarine, softened

1 teaspoon salt

1/4 teaspoon pepper

Directions:

1. In 4 quart saucepan, place potatoes and add enough water to cover. Heat to a rolling boil. Reduce heat; cover and cook for 20 to 25 minutes or until potatoes are fork – tender. (Cooking time can vary depending on the size of the pieces.) Drain and return to saucepan.
2. Heat for an additional minute. Shake pan often to keep potatoes from sticking.
3. Mash potatoes with potato masher until lumps disappear. Add milk in small amounts and beat after each addition. Add butter, salt and pepper. Mash vigorously until potatoes are light and fluffy.

Yield: 16 – 1/2 cup servings

1 Serving contains: Calories 150; Total Fat 6 grams (Sat Fat 4 grams) Cholesterol 15 mg; Sodium 200 mg; Total Carbohydrate 21 grams (Dietary Fiber 2 grams; Sugars 1 gram); Protein 2 grams Daily Value: Vitamin A 4%; Vitamin C 6%; Calcium 2%; Iron 0% Exchanges: 1 Starch, 1/2 Other Cho, 1 Fat