

Yukon Mash Potatoes

INGREDIENTS:

3 large	shallots
2 t	olive oil
½ C	low sodium, low fat chicken broth
2 t	minced thyme
1/8 t	ground pepper
1 dash	salt
1 lb	Yukon gold potatoes (or russet), unpeeled and cut into chunks
½ C	evaporated skim milk (for no dairy substitute with low fat soy milk)

DIRECTIONS:

Preheat oven to 400 degrees F. Place shallots, oil, broth, thyme, pepper and salt in a small casserole dish. Cover and roast until shallots are very soft and brown, about 45 minutes. Remove the casserole from oven. Cook potatoes in large pot of boiling water until they are soft, about 30-35 minutes. Drain the water from the pot and place potatoes back in pot over low heat to let them dry a bit. Heat the milk over medium-low heat. Add it to the potatoes and whip. Add the roasted shallots and whip again until the potatoes are the desired consistency.

Makes 6 servings
Calories: 119/serving

NUTRITIONAL INFORMATION PER SERVING:

4g protein
23g carbohydrates
2g fat
103mg sodium
1mg cholesterol
2g fiber