

Mashed Potatoes

This all-American favorite gets a fat reduction through the use of butter substitute and nonfat milk. We left out the salt. The “Tomato Gravy “(see Table of Contents) would add great flavor to the recipe. Contributors: Los Angeles Healthy African American Families’ staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
2	Pounds (6 medium sized)	Potatoes, white	Cut potatoes into quarters. Place into mixture of water and ¼ cup lemon juice to preserve the color
1	Tablespoon	Butter substitute	
¼	Cup	Nonfat milk	
¼	Cup	Lemon juice	
¾	Cup	Water	

1. Cut potatoes into quarter. Place in ¼ c lemon juice and water mixture to preserve color
2. Remove from lemon juice and water mixture. Place into 1 quart of boiling water.
3. Cook until tender-30-35 minutes
4. Drain
5. Add butter substitute and mix in non fat milk.

Yield: Six (6) ½ cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	111	37 (1%)	3g (5%)	-	-	1g (4%)

Do you have recipes that you want us to modify?
Send it to Mable@cnesinc.org