

## SKINNY GARLIC MASHED POTATOES



**Serving:** 6 as a side dish

### INGREDIENTS

- 4 medium potatoes, with skin (360g), cubed
- 4 large garlic cloves, peeled and halved
- ¼ cup reduced fat sour cream
- ½ cup vegetable stock

- ¼ cup fat free milk
- 1 Tbs. butter
- ½ tsp. salt
- Freshly ground black pepper
- 1 Tbs. fresh herbs of your choice: parsley, thyme or chives

## INSTRUCTIONS

Put potatoes and garlic in a large pot with enough water to cover. Bring to the boil before covering and reducing the heat down to low. Allow the potatoes, water and garlic to simmer for 20 minutes. Once potatoes are tender, drain and return potatoes and garlic to the pot. Add sour cream and remaining ingredients and mash until smooth. Season and enjoy with a hearty stew packed with vegetables.

## HEALTHY TIP!

Choosing reduced fat dairy options such as reduced fat sour cream and fat free milk in your home cooking can significantly reduce the overall energy content of the meal, which is particularly helpful if you are watching your weight. It might feel like a small, insignificant change but these simple swaps add up – 7 dinners a week becomes 28 meals a month and over 300 meals in a year!

## Nutrition Information per serving:

Energy (kJ)	Protein (g)	Carbohydrate (g)	Fibre (g)	Added Sugar (g)
492	1.9	11.3	1	0
Total Fat (g)	MUFA (g)	PUFA (g)	SAFA (g)	Sodium (mg)
6.8	1.9	0.3	4.1	196