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United States Potato Board
Quick and Healthy Mashed Potatoes

Basic Mashed Potatoes

Prep time: 10 minutes
Cook time: 10 minutes
Start to finish: 20 to 22 minutes
Cost per serving: \$.37

1 1/4 lbs. Russet potatoes*
1/2 cup each: nonfat plain yogurt and fat-free milk
1 1/2 tablespoons healthy butter spread
1/4 teaspoon sea salt (or 1/2 teaspoon garlic or seasoned salt)
Freshly ground pepper to taste

Place whole potatoes (do not poke) into microwave-safe dish. Cover dish. (If covering dish with plastic wrap, poke small hole in plastic.) Microwave on HIGH for 10 to 12 minutes depending on strength of microwave. Use oven mitts to remove dish from microwave; carefully remove cover and mash well. Stir in yogurt, milk, butter spread and seasonings. Cook for a minute or 2 more to heat if necessary. Makes 4 servings.

*Yukon Gold, yellow or white potatoes can be substituted

Nutritional analysis per serving with skins:

Calories: 170, Fat: 3.5g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 220mg, Potassium: 644mg, Carbohydrates: 29g, Fiber: 2g, Sugar: 4g, Protein: 5g, Vitamin A: 10%, Vitamin C: 50%, Calcium: 10%, Iron: 6%

Variations

Spinach and Bacon Mashed Potatoes

Stir 3/4 cup coarsely chopped, loosely packed fresh spinach, 1/2 cup shredded low-fat sharp Cheddar cheese and 2 tablespoons real bacon bits or pieces into hot mashed potatoes with yogurt, milk, salt and pepper.

Cost per serving: \$.76

Nutritional analysis per serving with skins:

Calories: 220, Fat: 7g, Saturated Fat: 3g, Trans Fat: 0g, Cholesterol: 15mg, Sodium: 450mg, Potassium: 695mg, Carbohydrates: 30g, Fiber: 2g, Sugar: 4g, Protein: 10g, Vitamin A: 25%, Vitamin C: 50%, Calcium: 35%, Iron: 8%

Veggie Mashed Potatoes

While potatoes are cooking, sauté 1 small chopped onion in the buttery spread for 10 minutes over medium heat. Stir in 1/2 cup shredded zucchini and 1/3 cup shredded carrot; cook for 3 minutes more. Stir into hot mashed potatoes with yogurt, milk and seasonings.

Cost per serving: \$.52

Nutritional analysis per serving with skins:

Calories: 190, Fat: 4g, Saturated Fat: 1g, Trans Fat: 0g, Cholesterol: 0mg, Sodium: 230mg, Potassium: 771mg, Carbohydrates: 35g, Fiber: 3g, Sugar: 6g, Protein: 6g, Vitamin A: 40%, Vitamin C: 60%, Calcium: 15%, Iron: 8%

Caramelized Onion and Gruyere Mashed Potatoes

While potatoes are cooking, sauté 1 medium chopped onion in the buttery spread for 15 minutes over medium heat, stirring frequently. Stir into hot mashed potatoes with 3/4 cup shredded Gruyere cheese, 1 teaspoon Dijon mustard, 1/4 teaspoon dried dill, yogurt, milk and seasonings.

Cost per serving: \$1.19

Nutritional analysis per serving with skins:

Calories: 280, Fat: 10g, Saturated Fat: 5g, Trans Fat: 0g, Cholesterol: 25mg, Sodium: 310mg, Potassium: 749mg, Carbohydrates: 36g, Fiber: 3g, Sugar: 7g, Protein: 12g, Vitamin A: 15%, Vitamin C: 60%, Calcium: 35%, Iron: 8%

FINAL