

Makeover Your Mash

By Kristal Lowe, RD, CD at PacMed

Potatoes alone are loaded with healthful nutrients, including potassium and vitamin C, the trouble comes when we add the fattening ingredients like butter, heavy cream and cheese, forfeiting the nutritional integrity of the potato. For a slimmer mash without sacrificing the flavor, replace cream with low-fat milk or mix in a little low-fat Greek yogurt for creaminess. Opt for low-fat cheese – a little goes a long way. Ramp up the flavor by adding roasted garlic, fresh herbs like rosemary or sage and spices like black pepper or chili pepper flakes. Why limit your mash to just potatoes, try incorporating pureed cauliflower, turnips or celery root into your dish for a unique twist and enhanced nutrient profile. Plus your guest won't even know the difference! Interested in trying this out? See the recipe below.



Cauliflower & Potato Mash Recipe:

Recipe adapted from CookingLight.com

By substituting in the antioxidant-rich cauliflower, you'll be creating a lower carbohydrate mash while boosting the nutrient value. Cauliflower is also a good source of vitamin C, K and magnesium.

Yield: 12 servings (serving size: 1/3 cup)

Ingredients

- 2 cups plain mashed potatoes
- 5 1/2 cups coarsely chopped cauliflower (about 1 small head)
- 1/2 cup fat-free milk
- 6 garlic cloves
- 1 bay leaf
- 1 tablespoons unsalted butter
- 1 teaspoon salt

Preparation

Prepare 2 cups of plain mashed potatoes. Keep warm.

Cook cauliflower in boiling water 7 minutes or until tender. Drain.

Place fat-free milk, garlic cloves, and bay leaf in a small saucepan; bring to a simmer. Cover and cook over low heat for 10 minutes. Discard bay leaf. Place cauliflower, milk mixture, butter, and salt in a food processor, and process until smooth, scraping sides of the bowl occasionally. Combine mashed potatoes and cauliflower mixture in a large bowl, stirring until well blended

Nutritional Information

Estimated amount per serving

- Calories: 52
- Total Fat: 2.0g
- Protein: 2.3g
- Carbohydrate: 9.5g
- Fiber: 2.2g
- Cholesterol: 6mg
- Sodium: 331mg