

Creamy Mashed Potatoes

Adding skim milk powder, cream and cheese to these mashed potatoes adds extra calories and protein.



Ingredients:

¼ cup	Skim milk powder	60 mL
1 cup	Half and half cream	250 mL
3 medium	Potatoes, peeled and cut into cubes	3 medium
½ tsp	Salt	2 mL
⅛ tsp	Black pepper	½ mL
¼ cup	Grated cheddar cheese	60 mL

Directions:

1. Mix skim milk powder with small amount of cream to form a smooth paste in a heavy saucepan.
2. Add the rest of the cream, as well as the potatoes, salt, and pepper.
3. Heat over low heat for 10 minutes, stirring often.
4. Cover and simmer, stirring often, until potatoes are tender (about 30 minutes).
5. Mash and sprinkle with grated cheese.

Makes 3 servings (250 mL/ 1 cup/268 g)

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Nutrition Facts

Per 1/3 of recipe (250 mL/ 1 cup/ 268 g)

Amount	% Daily Value
Calories 300	
Fat 12 g	18 %
Saturated 7 g + Trans 0 g	35 %
Cholesterol 40 mg	
Sodium 450 mg	19 %
Carbohydrate 40 g	13 %
Fibre 2 g	8 %
Sugars 5 g	
Protein 10 g	
Vitamin A	15 %
Vitamin C	20 %
Calcium	20 %
Iron	4 %