

Easy, Cheesy Mashed Potatoes



Ingredients

Directions

<p>3 1/4 c. 1/2 c. 1-1 1/2 tsp.</p>	<p>Medium-sized Russet potatoes, peeled & cut into small chunks Milk - 1% Cheese, shredded Montreal steak seasoning*</p> <p><i>*No Montreal steak seasoning? No problem! Use garlic, salt, & pepper instead.</i></p>	<p>Place potatoes in a medium pot & cover with water. Bring to a boil over medium-high heat. Reduce to medium heat; continue cooking for 10 mins. or until potatoes are very soft. Remove from heat. Drain. Return potatoes to pan or medium bowl & mash with a fork. Add milk, cheese, & seasoning. Whip with fork until potatoes are fluffy and cheese is melted. Serve hot.</p>
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Prep: 10 mins.

Cook: 10-15 mins.

Makes: 3 cups (6 - 1/2 c servings)

Nutrition Facts

6 servings per container	
Serving size	1/2 c.
Amount Per Serving	
Calories	90
<small>% Daily Value*</small>	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	21%
Total Carbohydrate 56g	20%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Leftovers? Make Shepherd's Pie!
Top beef stew with mashed potatoes and
bake at 350 F for 30 mins.



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