



# Olive Oil Mashed Potatoes



## Ingredients



Adapted from *The American Heart Association (heart.org)*

- 2-3 medium potatoes
- 6 cloves of garlic
- 1/4 c extra-virgin olive oil
- 1/2 tsp ground black pepper
- 1/4 tsp salt
- 1 c chopped green onions



## Directions



Yield: 8    Serving size: 1/2 cup

1. Put the potatoes, garlic, and salt in a large saucepan. Pour in enough water to cover the potatoes. Bring to a boil over high heat. Boil for 15 to 20 minutes, or until the potatoes are soft. Transfer the potatoes and garlic to a colander. Drain well. Return them to the pan.
2. Mash the potatoes and garlic together.
3. Add the green onions, oil, and pepper, stirring until well combined.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



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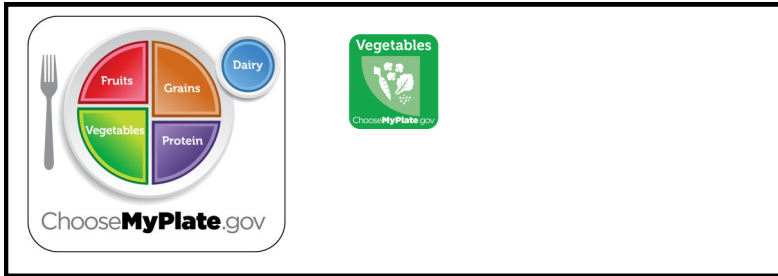
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# Fast Facts



## Featured Food Groups



## Cooking Tips



- Swap olive oil for canola oil or any other vegetable oil you have on hand!
- Leave the skin on your potatoes to save prep-time!

Nutrition Facts	
<b>Calories</b>	134
<b>Total Fat</b>	7.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	5.0 g
<b>Cholesterol</b>	0 mg
<b>Sodium</b>	83 mg
<b>Total Carbohydrate</b>	17 g
Dietary Fiber	3 g
Sugars	1 g
<b>Protein</b>	2 g

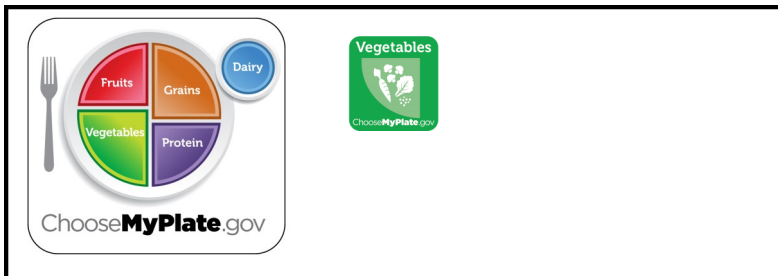
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