

homemade mashed potatoes

Serves: 4

Prep and Cook time: 35 min

Per serving: 263 calories, 10 g fat, 315 mg sodium

4 large Idaho potatoes, about 2 pounds total
1/2 cup milk, or more to taste
3 TBS butter
1/2 tsp salt
Salt and black pepper

1. Peel the potatoes and cut them into quarters.
2. Place them in a medium saucepan with cold water to barely cover and add the salt.
3. Cover and bring to a boil over high heat. Reduce heat to medium and cook, covered, for about 15 minutes or until you can easily pierce the potatoes with a fork.
4. Drain the potatoes in a colander and then return them to the saucepan. Shake the potatoes in the pan over low heat for 10 to 15 seconds to evaporate excess moisture, if necessary.
5. Remove the pan from the heat. Mash the potatoes a few times with a potato masher, ricer, or fork.
6. Add the milk, butter, and salt and pepper to taste and mash again until smooth and creamy. Depending on the texture of the potatoes, you may have to add more milk. Potatoes can vary in dryness.

Kitchen Tip: Mashed potatoes are best when mashed by hand with a potato masher or fork, or when pressed through a ricer. Blenders and food processors can leave them pasty.

Vary It! You can mash other cooked vegetables, such as broccoli, carrots, turnips, or sweet potatoes, and blend them into the potato mix.

