

APRIL IS NATIONAL SOYFOODS MONTH

Garlic Mashed Potatoes

Recipes provided by...

Soybeans
Nebraska Soybean Board



INGREDIENTS...

2 1/2 lbs. Yukon Gold Potatoes
4 cloves garlic, sliced
2/3 cup plain soymilk
2 tbsp butter
1/2 tsp salt
1/4 tsp pepper

Per serving:

Calories:223
Total fat:4.3 g
Saturated fat:1.9 g
Protein:5.6 g
Carbohydrate:35.2 g
Fiber:2.6 g
Cholesterol:10 mg
Iron:1.7 mg
Sodium:238 mg
Calcium:6 mg

Place potatoes and garlic in a saucepan; cover with water. Bring to a boil over medium heat, reduce heat and simmer 30 minutes or until potatoes are tender. Drain. Add soymilk, butter, salt and pepper. Beat with an electric mixer until smooth.

Yield: 6 Servings