

Rosemary Mashed Potatoes

NUTRIENT ANALYSIS

Calories	103
Protein	2 g
Carbohydrate	23 g
Total Fat	trace
Saturated Fat	trace
Cholesterol	trace
Fiber	2 g
Sugars	1
Sodium	173 mg

Each serving counts as 1 starchy carbohydrate.

This true comfort food is transformed into a healthy side dish with the addition of fat-free sour cream or fat-free evaporated milk. Using fresh rosemary gives these mashed potatoes such a wonderful taste that you definitely won't miss the gravy.

8 servings

2/3 cup no-salt, fat-free chicken or vegetable broth
 2 tablespoons fresh rosemary, chopped
 6 large baking potatoes, preferably russet, peeled and cut into 1-inch pieces
 1/3 cup fat-free sour cream, at room temperature, or
 1/3 cup fat-free evaporated milk
 2 teaspoons Dijon mustard
 1/2 teaspoon salt
 Sweet paprika or freshly ground black pepper, to taste

1. Place the broth and rosemary in a small saucepan set over high heat. Bring the mixture to a simmer, cover, remove from heat, and set aside.
2. Place the potatoes in a large saucepan and cover with cool water to a depth of 2 inches. Bring to a boil over high heat. Partially cover, reduce the heat to medium-low, and simmer until potatoes are tender, about 15 minutes. Drain.
3. Place the potatoes in a large bowl and mash with a potato masher or an electric mixer at medium speed. Beat in the rosemary and broth mixture, then beat in the sour cream or evaporated milk, mustard, and salt. Spoon into a medium bowl and garnish with the paprika or ground black pepper before serving.