

# Nutrition Education

Potatoes are a great source of vitamin C and potassium, especially when eaten with skin on. They are also fat free. Below is a delicious potato recipe to try:

## Light 'n' Creamy Mashed Potatoes

### Ingredients:

- 3 pounds potatoes, quartered, leave the skins on for more color and nutrition— Yukon Gold Potatoes and red potatoes are thinner skinned and work well
  - 4 ounces fat-free cream cheese, cubed
  - 1/2 cup reduced-fat sour cream
  - 1/2 cup fat-free milk
  - 3/4 teaspoon salt
  - 1/4 teaspoon garlic powder
  - 1/4 teaspoon pepper
  - 1 tablespoon minced chives
  - 1 dash paprika, optional
1. Place potatoes in a saucepan and cover with water. Bring to a boil. Reduce heat; cover and cook for 10-15 minutes or until tender. Drain.
  2. In a large mixing bowl, mash the potatoes. Add the cream cheese, sour cream, milk, salt, garlic powder and pepper; beat until smooth. Stir in chives. Sprinkle with paprika if desired.

