Creamy Mashed Potatoes

Adding skim milk powder, cream and cheese to these mashed potatoes adds extra calories and protein.



Ingredients:

¹ /4 cup	Skim milk powder	60 mL
1 cup	Half and half cream	250 mL
3 medium	Potatoes, peeled and cut into cubes	3 medium
¹⁄₂ tsp	Salt	2 mL
¹∕∗ tsp	Black pepper	½ mL
¹ /4 cup	Grated cheddar cheese	60 mL

Directions:

- 1. Mix skim milk powder with small amount of cream to form a smooth paste in a heavy saucepan.
- 2. Add the rest of the cream, as well as the potatoes, salt, and pepper.
- 3. Heat over low heat for 10 minutes, stirring often.
- 4. Cover and simmer, stirring often, until potatoes are tender (about 30 minutes).
- 5. Mash and sprinkle with grated cheese.

Makes 3 servings (250 mL/ 1 cup/268 g)



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Amount	% Daily Value
Calories 300	
Fat 12 g	18 %
Saturated 7 g + Trans 0 g	35 %
Cholesterol 40 mg	
Sodium 450 mg	19 %
Carbohydrate 40 g	13 %
Fibre 2 g	8 %
Sugars 5 g	
Protein 10 g	
Vitamin A	15 %
Vitamin C	20 %
Calcium	20 %
Iron	4 %

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