



CREAMY GARLIC MASHED POTATOES

October 18

National Mashed Potato Day

INGREDIENTS

- 2 Pounds Yukon Gold Potatoes (peeled and quartered)
- 4 Cloves Garlic (peeled)
- 1 Cup Heavy Cream
- 4 Tablespoons Unsalted Butter
- Salt and Pepper (to taste)
- ¼ Cup Sour Cream (optional)
- Fresh Chives or Parsley (optional)

DIRECTIONS

1. In a large pot, place the quartered potatoes and the garlic cloves. Fill with enough water to cover them by about an inch. Add a generous pinch of salt and bring to a boil over medium-high heat. Once boiling, lower the heat and simmer for 15-20 minutes, or until the potatoes are fork-tender.
2. Once cooked, drain the potatoes and garlic in a colander, then return them to the pot. Cover with a kitchen towel and let them steam for about 5 minutes to remove excess moisture.
3. In a small saucepan, combine the heavy cream and butter. Warm over low heat, stirring frequently until the butter has melted and the mixture is slightly heated.
4. Add the drained potatoes and garlic back to the pot. Begin mashing them with a potato masher or a ricer until smooth and creamy.
5. Gradually pour the warm cream and butter mixture into the mashed potatoes, stirring gently until combined. If desired, add in the sour cream for extra richness. Season well with salt and freshly ground pepper to taste.
6. Transfer the creamy garlic mashed potatoes to a serving dish. Garnish with freshly chopped chives or parsley for a pop of color and added flavor. Serve warm.

MEAL PATTERN CONTRIBUTION

 Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

4 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
⅓ Cup	¼ Cup	½ Cup	½ Cup