

# ***Mashed Potatoes***

*(serves 6-8)*

## **INGREDIENTS:**

- 2½ pounds white potatoes, peeled and cubed
- 1 tablespoon salt
- 1 cup skim milk
- 3 tablespoons butter
- 1 teaspoon ground black pepper

## **DIRECTIONS:**

- Place the potatoes in a large saucepan.
- Cover with water.
- Add the salt.
- Place over high heat and bring to a rapid boil.
- Reduce the heat and let simmer for 15-20 minutes, until fork-tender.
- Meanwhile, combine the milk and butter in a small saucepan over low heat.
- Heat until the milk is warm and the butter has melted.
- Once the potatoes are tender, drain them and return them to the hot pot.
- Roughly mash them, then add the milk and butter mixture.
- Continue mashing until desired consistency is reached.
- Season with the pepper.
- Stir to incorporate.