

# At Every Stage of Life, Mashed Potatoes Are There for You

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From infancy through adulthood, mashed potatoes are a universally loved food. They fill you up with a warm sensation throughout the body, comfort you when you need it, and are good for you. They are also great for knowing if someone is good or bad, because if they don't like mashed potatoes, then you know to stay away from them. Just like putting on a warm sweater, mashed potatoes make you feel cozy. They go well with almost every food, but if they are served on their own, they are just as tasty. No matter what stage of life you are in, you can rely on mashed potatoes to help celebrate good times and get you through hard times.

Many infants are picky about what they choose to eat, but mashed potatoes have this rich buttery flavor that nearly no child can resist. Not only are they tasty, but also they are easy for them to eat since they have few teeth. Even before infants have teeth, they still like mashed potatoes because they are easy to eat when they are teething and can make their gums feel better. But the best thing about mashed potatoes for infants is that they are the perfect food for throwing at their parents when they're feeling a little restless!

Just as potatoes grow, so do people, and with growing comes changes. As I found out recently, some teens may have to get their wisdom teeth removed. You endure quite a bit of pain in your entire mouth as you try to recover. But guess what? Mashed potatoes are there for you. Since you can't chew as you normally would, you have to have soft foods that don't hurt you or interfere with the healing process. Mashed potatoes are perfect for that. They glide down your throat with a soothing warmth all while making your tummy full and happy. There are also some days in a teen's life where you just want to stay home from school and watch some movies and have some comfort food. Because they are so warm and delicious, mashed potatoes are the perfect comfort food for you to enjoy while watching those movies and finally having a day to yourself. Mashed potatoes are also perfect when you're feeling peckish and want a light meal. Just sprinkle some salt and pepper on them and you're good to go!

As an adult, you tend to cook a lot for both yourself and others. Mashed potatoes are a perfect and easy food to make that also goes well with other dishes. You can serve mashed potatoes as a side dish or as a main meal. Some people prefer their mashed potatoes store bought while others like them homemade. If you want to go the healthier route, just do homemade style. All you have to do is boil a pot of water with some salt, cook the potatoes until tender, melt some butter and milk on low heat until the butter is blended, use a potato masher to blend the milk and butter in with the potatoes, add some salt and pepper if you wish, and then you have some perfect mashed potatoes, hot and ready to serve yourself or your guests.

Some people might say that mashed potatoes have little nutritional value, especially if you add butter and salt to them. While it's true that there are many healthier foods around, sometimes you just have to indulge yourself, and mashed potatoes are the ideal treat. According to Health.com, "Most of the potato's nutrition is stored under the skin, so you really should not peel unless necessary for a particular recipe. Pairing potatoes with garlic unleashes even more immune-boosting, cancer-fighting benefits" (O'Connor). Mashed potatoes can be very good on their own, but if you're looking for that extra nutrition, having them without the skin can be a healthier option.

Although you can serve mashed potatoes on their own, you can also serve them in other dishes. For example, an amazing dish everyone should try is shepherd's pie. Shepherd's pie is a dish that contains different vegetables cut up into bits and mixed with some beef and covered in a layer of mashed potatoes on the top. The mashed potatoes have a light crisp on the top and are the perfect complement to the vegetables leaving the stomach happy and healthy.

As the circle of life comes back around, some elderly folk can find themselves unable to eat crunchy or hard foods. Mashed potatoes give these people the right nutrition they need to continue being strong without having to tackle foods that are difficult for them to chew. Mashed potatoes can also bring families and people of all different ages together when celebrating Thanksgiving. Because we associate them with holidays and wonderful memories, mashed potatoes will always have comforting connotations. They are the culinary equivalent of a big

hug! Even on a regular day, the delicious, warm yellow, and soft mashed potatoes will always be there for you every step of the way, waiting for you to enjoy them.

## Works Cited

O'Connor, Amy. "26 Reasons To Love Potatoes." *Health.com*, 11th November 2012, O'Connor, A. (2012, November 11). 26 reasons to LOVE POTATOES. Retrieved May 10, 2021, from <https://www.health.com/food/26-reasons-to-love-potatoes>. Accessed 10th May 2021.