

Diabetes-Friendly Thanksgiving Recipe

Rustic Mashed Potatoes With Olive Oil & Garlic

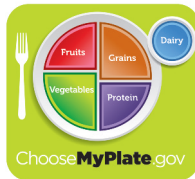
10 SERVINGS • SERVING SIZE: ½ CUP • PREPARATION TIME: 10 MINUTES • COOKING TIME: 50 MINUTES

- 2 pounds peeled and halved russet potatoes**
- 14 peeled, whole garlic cloves**
- ¼ cup olive oil**
- ⅓ cup grated fresh Parmesan cheese**
- Kosher salt and fresh-ground black pepper to taste**

► **Bring a large pot of salted water to a boil.** Add the potatoes and garlic, and bring again to a boil. Lower the heat, cover and simmer on low for about 25 to 35 minutes, or until the potatoes are very tender.

► **Drain the potatoes, saving ½ cup of the cooking liquid.** Add the potatoes back to the pot. Place a dish towel over the pan and replace the cover. Let the potatoes dry steam for 5 minutes.

► **Slowly add the cooking liquid to the potatoes, mashing well.** Add the olive oil and continue to mash the potatoes to the desired consistency. Add in the Parmesan cheese, salt and pepper.



Per serving: starch exchanges, 1; fat exchanges, 1; calories, 125; calories from fat, 55; total fat, 6 g; saturated fat, 1.3 g; trans fat, 0 g; cholesterol, 5 mg; sodium, 30 mg (without added salt); total carbohydrate, 16 g; dietary fiber, 1 g; sugars, 1 g; protein, 3 g

Recipe from forecast.diabetes.org/recipes/rustic-mashed-potatoes-olive-oil-and-garlic.

