Makes 10 servings. *¾ cup per serving.*
Prep time: 10 minutes **Cook time:** 45 minutes

Nutrition information per serving: Calories 104, Carbohydrate 22 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 1 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 51 mg

Supreme Mashed Potatoes

Think your kids won't like orange mashed potatoes? Try using parsnips in place of carrots. They are white like potatoes and sweet like carrots.

INGREDIENTS

- 6 medium baking potatoes, peeled and cut into chunks
- 2 large carrots, peeled and chopped
- 3 large cloves garlic, finely chopped
- ½ cup low-sodium chicken broth
- 1 tablespoon butter

PREPARATION

1. Combine potatoes and carrots in a large pot and fill with cold water. Bring to a boil and cook 5 minutes.
2. Add garlic and reduce heat to simmer until potatoes and carrots are tender, about 35 minutes.
3. Drain and keep 1 cup of the cooking liquid.
4. Mash the potatoes and carrots with a hand masher.
5. Combine chicken broth and butter in a small pan; heat over medium heat until the butter melts.
6. Slowly stir broth mixture into the mashed potatoes and carrots.
7. If necessary, add the reserved cooking liquid until the potatoes reach the desired thickness. Serve while hot.