

HERBED MASHED POTATOES

Source: Quick Cooking Sept/Oct 2001 (Sandi Pichon)

Prep/Cooking Time: 1 hour or less

INGREDIENTS:

4 large potatoes, peeled/cubed	1 clove garlic, minced
1/3 C chopped onion	1 TBS butter or margarine
3/4 C sour cream (reduced fat)	1 tsp dill weed
1/4 - 1 tsp salt	1/2 tsp fresh rosemary, minced
1/2 tsp grated lemon peel	paprika (optional)
1/4 tsp crushed red pepper flakes (optional)	

DIRECTIONS:

In large saucepan, cover potatoes with water - bring to boil, covered, over medium high heat - cook 15-20 minutes or till tender. Meanwhile, in skillet, sauté onion & garlic in butter till tender. Drain potatoes - mash & add onion mixture, sour cream, dill, salt, rosemary, lemon peel & red pepper flakes, if desired. Spoon into greased 1 1/2 qt baking dish. Sprinkle with paprika, if desired - cover & bake 25 minutes at 350° F or till heated through.

Serves: 6

[3/4 C = 160 calories; 5g fat; 3g saturated fat; 15mg cholesterol; 145mg sodium; 25g carbohydrate; 2g fiber; 5g protein]