

Cheesy Mashed Potatoes

Dash Magazine - November 2010

Servings: 8

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

4 pounds russet potatoes, peeled and quartered

1/2 cup (1 stick) salted butter

2 cups low-fat buttermilk

1/2 teaspoon nutmeg

salt and pepper (to taste)

4 ounces fat-free cream cheese, softened

1/4 cup flour

1 small leek, washed and thinly sliced

vegetable oil for frying

1 1/2 cups sharp Cheddar cheese, shredded

Preheat oven to 375 degrees.

In a pot, cover the potatoes with cold, salted water.

Bring to a boil. Reduce heat and cook for 20 minutes or until tender. Drain.

In a small pot, warm the butter, buttermilk, nutmeg, one teaspoon of salt and one teaspoon of pepper.

Mash the potatoes.

Add the butter mixture and cream cheese to the potatoes. Mix until smooth.

Spread the potatoes in a 13x9-inch glass baking dish.

Combine the flour with 1/2 teaspoon of salt and 1/2 teaspoon of pepper. Toss with the leek.

In a pot, heat one inch of oil to 350 degrees.

Fry the leek in batches until crisp, about 2 to 3 minutes. Transfer to paper towels. Sprinkle with salt.

Fold one cup of Cheddar cheese into the potatoes.

Microwave the potatoes for 3 minutes. Stir to distribute the cheese.

Bake for 10 minutes.

Sprinkle the potatoes with the remaining Cheddar cheese and leek.

Broil until the cheese melts, about 5 minutes.

Per Serving (excluding unknown items): 300 Calories; 8g Fat (22.4% calories from fat); 13g Protein; 47g Carbohydrate; 4g Dietary Fiber; 23mg Cholesterol; 225mg Sodium. Exchanges: 3 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.