

Skinny Mashed Potatoes

Servings: 6

3 1/2 cups chicken broth

5 large potatoes (about 7 1/2 cups), cut into 1-inch pieces

generous dash of pepper

In a medium saucepan, place broth and uncooked potatoes over high heat to boil.

Reduce heat to medium. Cover and cook 10 minutes or until potatoes are tender. Drain, reserving broth.

Mash potatoes with 1 1/4 cups broth and pepper. If needed, add additional broth until potatoes are desired consistency.

For Garlic Skinny Mashed Potatoes, substitute two cans (14 1/2 oz) Seasoned Chicken Broth with Roasted Garlic for 3 1/2 cups chicken broth.

Per Serving (excluding unknown items): 22 Calories; 1g Fat (34.7% calories from fat); 3g Protein; 1g Carbohydrate; 0g Dietary Fiber; 0mg Cholesterol; 445mg Sodium. Exchanges: 1/2 Lean Meat.