

# Microwave Smashed Potatoes

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**Servings: 4**

*SOUTHWEST VARIATION: Omit the sour cream and chives; decrease milk to two tablespoons and salt to 1/4 teaspoon. Add 3/4 cup plain low-fat yogurt, one tablespoon chopped chipotle chile canned in adobo sauce, and 1/4 teaspoon ground cumin.*

*ROASTED GARLIC VARIATION: Omit sour cream and chives. Increase milk to 3/4 cup. Add 1/4 cup coarsely chopped garlic cloves (can be found at grocery store salad bars) and one tablespoon chopped fresh sage.*

*BACON AND CHEDDAR VARIATION: Decrease salt to 1/4 teaspoon. Add 1/4 cup (one ounce) shredded reduced-fat extra-sharp cheddar cheese and one slice center-cut bacon (cooked and crumbled). Mash with a potato masher to desired consistency.*

**4 6-ounce baking potatoes, peeled and cut into 1-inch pieces`**

**1/2 cup reduced-fat sour cream**

**1/2 cup 1% low-fat milk**

**2 tablespoons fresh chives, minced**

**1/2 teaspoon salt**

**1/2 teaspoon freshly ground black pepper**

Place potato pieces in a large microwave-safe bowl. Cover bowl with plastic wrap; cut a 1-inch in the center of the plastic wrap.

Microwave at HIGH for 10 minutes. Let stand for 2 minutes.

Add sour cream and remaining ingredients to the bowl; mash with a potato masher.

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Per Serving (excluding unknown items): 148 Calories; 1g Fat (3.0% calories from fat); 5g Protein; 32g Carbohydrate; 3g Dietary Fiber; 1mg Cholesterol; 292mg Sodium. Exchanges: 2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 0 Fat.