



Buttermilk Mashed Potatoes

Source: *Cooking with Extension* | **Yield:** 4 servings. 198 Calories per serving. Total fat 6g; Protein 4g; Total carbohydrate 32g; Dietary fiber 3g, Sodium 94mg

INGREDIENTS:

- 2 large russet potatoes
- 2 tablespoons butter
- $\frac{1}{3}$ cup buttermilk (1 or $\frac{1}{2}$ % fat)
- Pepper

DIRECTIONS:

1. Scrub potatoes, pat dry and prick with a fork.
2. Place potatoes on a plate and cook in microwave on 100% (high) power until tender, about 12 minutes, turning over halfway through. (Alternatively, cook the potatoes in a conventional oven at 350°F for about 1 hour.)
3. Let stand 5 minutes, then peel and quarter. Place in a medium bowl.
4. Add butter and buttermilk to the bowl. Mash with a potato masher or mixer until smooth.
5. Add pepper to taste and stir.

This recipe is easy to half. Cook one potato for about 6 minutes total (3 minutes on each side) and use 1 tablespoon butter and $\frac{1}{3}$ cup buttermilk.