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Buttermilk Mashed Potatoes

INGREDIENTS:

- 2 large russet potatoes
- 2 tablespoons butter
- ¾ cup buttermilk (1 or ½% fat)
- Pepper

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



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 ½ cup buttermilk.

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