

# **Mascarpone Mashed Potatoes**

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Mashed potatoes are a common dish during the holiday season, whether at a neighborhood potluck or a feast with family. Typically mashed potatoes include lots of butter and whole milk. All of that extra fat can make it harder to maintain your weight over the holidays. Here is a delicious recipe that uses mascarpone cheese instead of butter and low-fat milk instead of whole milk. They are so tasty you won't even miss the full fat version!



## **Ingredients**

1 pound cubed peeled Yukon gold potatoes  
1/4 cup 1% low-fat milk  
2 tablespoons mascarpone cheese  
1/2 teaspoon salt

## **Preparation**

Place potatoes in a large saucepan; cover with water. Bring to a boil, reduce heat, and simmer 15 minutes or until tender. Drain. Return the potatoes to pan. Add milk, mascarpone cheese, and salt. Mash to desired consistency.

## **Nutritional Information**

Amount per serving - Calories: 156; Fat: 6.7g; Saturated fat: 3.6g; Sodium: 315mg