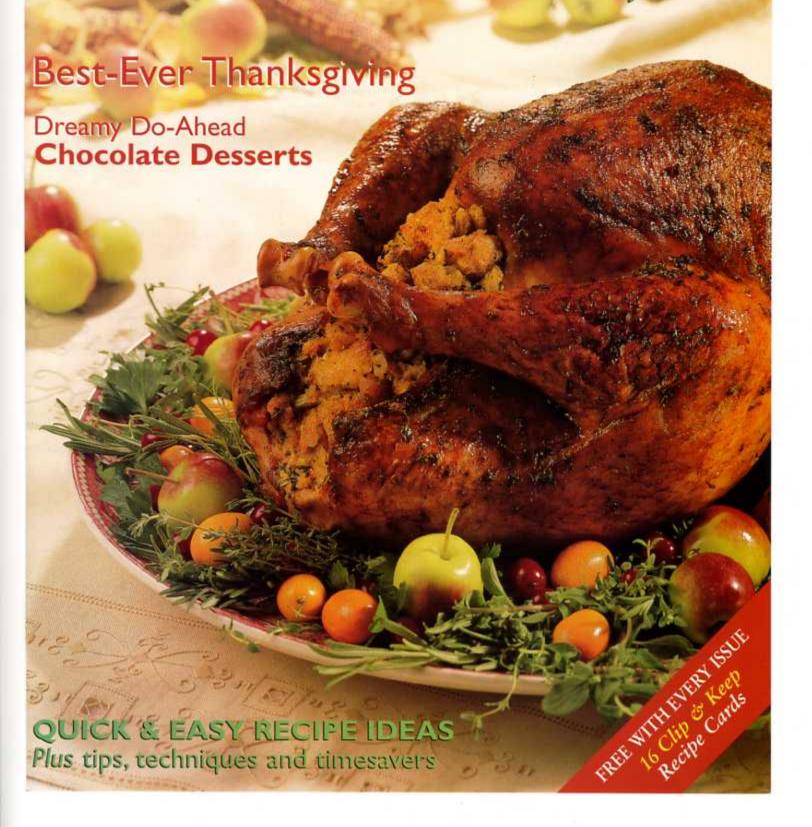


# Great American HOME COOKING Made Easy



## Ways with Mashed Potatoes EVERYONE LOVES MASHED POTATOES — THE ULTIMATE COMFORT FOOD

## BASIC RECIPE

Follow Steps 1 and 2 for perfect classic mashed potatoes (makes 4–6 servings). Or try any of the variations at right.

- \$ 6-8 medium white potatoes (2½ pounds), peeled and quartered
- \$ 1 cup heavy cream
- ♦ ¼ teaspoon salt
- ♦ ½ teaspoon black pepper

Place potatoes in a large saucepan with salted water to cover. Bring to a boil. Reduce the heat and simmer for 20–25



minutes, until tender. Drain, then return the potatoes to the pot. Stir over low heat for 1 minute to dry the potatoes slightly.

Mash until smooth (see tips, right). Add the heavy cream, salt and pepper, and beat until fluffy.



### Reheating Tips:

Potatoes with cream reheat better than those with butter. Microwave on High for 1 minute or until hot in a heat-proof bowl, stirring. Or warm in a saucepan over low heat.



### **BACON-CHEDDAR SPUDS**

\$\%\ cup coarsely
shredded white
or yellow sharp
cheddar cheese,
about 3 ounces

\$\forall \text{up crumbled} \text{cooked bacon,} \\
about 6 strips
\$\]

TOTAL TIME TO PREPARE: 15 MINUTES
TOTAL TIME TO COOK: 20 MINUTES
PER SERVING: 412 CAL: II G PROTEIN: 27G FAT (16G
SATURATED): 369MG 500NUM: 32G CARB.

Prepare the basic recipe using only ½ teaspoon salt. Just before serving, stir in the cheese and bacon.



### LOW-FAT COUNTRY POTATOES

- ♦ 1 cup low-fat buttermilk
- \$\delta 2 \tablespoons
  finely chopped
  fresh rosemary

Ake the basic recipe using unpeeled red potatoes. Substitute buttermilk for the cream and increase salt to 1 teaspoon. To serve, sprinkle with the rosemary.

TOTAL TIME TO PREPARE: 10 MINUTES TOTAL TIME TO COOK: 20 MINUTES PER SERVING: 208 CAL: 6G PROTEIN:

LG FAT (OG SATURATED):



### CINNAMON-MASHED SWEETS

- ♦ ¼ cup maple syrup
- ♦ 1 teaspoon ground cinnamon
- ♦ ¼ teaspoon each ground cloves, ginger and nutmeg

♦ ¼ cup lightly toasted pecans or walnuts, chopped

TOTAL TIME TO PREPARE: 15 MINUTES TOTAL TIME TO COOK: 20 MINUTES PER SERVING: 420 CAL: 4G PROTEIN: 20G FAT (7G SATURATED); 362MG SODIUM; 58G CARB.

ake the basic recipe using peeled, quartered sweet potatoes or yams, just ½ cup heavy cream and no pepper. Beat in the maple syrup, cinnamon, cloves, ginger, and nutmeg. Sprinkle the sweet potatoes with the nuts before serving.



### THE MEANS TO PERFECT MASHING



Ricer Squeeze potatoes through a ricer or run them through a food mill.



Hand Masher Place potatoes in a bowl. Press with a hand masher for slightly lumpy mashed potatoes.

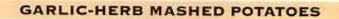


Mixer Place potatoes in a

bowl and beat with an electric mixer at medium speed until smooth.



Don't use a food processor to make mashed potatoes; they'll turn out starchy and gluey.



- ♦ 3-4 peeled garlic cloves
- ♦ ½ cup coarsely chopped fresh basil or parsley
- ♦ ½ cup freshly grated Parmesan cheese

TOTAL TIME TO PREPARE: 10 MINUTES TOTAL TIME TO COOK: 20 MINUTES PER SERVING: 352 CAL: 9G PROTEIN: 21G FAT (13G SATURATED): 541MG SODIUM: 34G CARB.

