

Mashed Potatoes with Roasted Garlic



Hands On Prep **20 MIN**

Cook **55 MIN**

Serves **10**

1 Preheat the oven to 400°F. Cut the top third off the garlic bulb and discard. Wrap the remaining garlic in foil and roast until soft and fragrant, 50–60 minutes. Let cool.

2 Meanwhile, place the potatoes in a large pot with enough cold water to cover by 3 inches; bring to a boil. Reduce the heat and simmer until fork-tender, about 20 minutes. Drain the potatoes and return them to the pot. Mash with a potato masher or fork until fairly smooth.

3 Squeeze the garlic pulp into a medium saucepan. Stir in the milk, butter, salt, and cayenne; bring just to a boil. Reduce the heat and cook, stirring occasionally, until the butter melts, about 1 minute. Stir into the potatoes and serve at once.

1 garlic bulb
3 pounds Yukon Gold potatoes, peeled and cut into 1-inch pieces
 $\frac{2}{3}$ cup low-fat (1%) milk
 $\frac{1}{4}$ cup unsalted butter, cut up
 $1\frac{1}{2}$ teaspoons salt
Pinch cayenne

PER SERVING ($\frac{2}{3}$ cup): 157 Cal, 5 g Fat, 3 g Sat Fat, 0 g Trans Fat, 13 mg Chol, 364 mg Sod, 26 g Carb, 2 g Fib, 3 g Prot, 36 mg Calc.

POINTS value: **3**.

How We Did It By using rich-tasting yellow-fleshed Yukon Gold potatoes instead of baking potatoes, we duplicate the flavor of the best mashed spuds, yet reduce the amount of butter.