

Smashed Parsley Potatoes

Ingredients

12 small red skin potatoes, skin-on
1/2 cup fresh parsley, chopped
2 Tbsp Olive oil
1/4 cup 1% milk (or other milk substitute)
1/4 tsp salt
1/8 tsp ground black pepper



Preparation

Add washed potatoes to pot of water and boil for 8 minutes or until tender and easy to pierce with a fork. Drain water. Smash potatoes with fork or masher, adding milk, salt, olive oil, black pepper. Mix in parsley.

Yield: 6 servings, 1/2 cup serving

*per serving: 290 Calories | 5g Fat | 7g Protein | 55g Carbohydrates | 6g Dietary Fiber | 170mg Sodium
Daily Values: 550% Vitamin A | 15% Iron | 130% Vitamin C | 10% Calcium*