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, ½ 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