



CREAMY MASHED POTATOES

Oikos 0% Greek Yogurt can be your new secret to mashed potatoes! Creamy and delicious is what everyone is looking for.



PREP TIME
15 minutes



COOK TIME
25 minutes



SERVES
24

DIRECTIONS

1. In a large pot of salted water, cook potatoes and garlic for about 25 minutes or until very tender when tested with a fork. Drain well and return to pot.
2. Using a potato masher, crush potatoes and garlic with oil until smooth. Stir in Oikos 0% Greek yogurt, salt, and pepper to taste. Stir in chives, if desired or sprinkle on top of potatoes when serving.

TIP: Try adding other toppings to your mashed potatoes to dress them up; like caramelized onions, roasted red peppers or a crumble of blue cheese.

INGREDIENTS

- 32 baking/russet potatoes (about 12 lb/6 kg), peeled and cubed
- 4 cloves garlic
- ½ cup (125 mL) olive oil
- 4 cups (1 L) Oikos 0% Plain Greek yogurt
- Salt and pepper to taste
- Chopped fresh chives



Per serving (1/24th recipe/about 235 g)

| | |
|---------|---------------|
| 230 | calories |
| 4.5 g | fat |
| 0.5 g | saturated fat |
| 0 g | trans fat |
| 40 g | carbohydrates |
| 4 g | fibre |
| 3 g | sugars |
| 7 g | protein |
| 0 mg | cholesterol |
| 570 mg | sodium |
| 700 mg | potassium |
| 50 mg | calcium |
| 0.75 mg | iron |

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