Mashed Potatoes

These mashed potatoes are packed with flavor!

About the Recipe

232 Calories · 9.6 g Protein · 8.3 g Fiber
Side Dish

Ingredients

Makes 4 Servings

- potatoes, russet or Yukon Gold, cut into 1-inch cubes (2 pounds)
- medium onion, diced (1)
- low-sodium vegetable broth (1/3 cup)
- cloves garlic, finely chopped (4)
- unsweetened soy milk or nondairy milk of choice (1 cup)
- nutritional yeast (3 tbsp.)
- chives, finely diced (1 tbsp.)
- pepper (1/2 tsp.)
- salt (to taste)
- paprika (1/2 tsp.)

Directions

1. Add potatoes to a large pot and fill with water until potatoes are submerged. Cook over high heat until water comes to a boil. Then, bring heat to medium-low so that the water simmers for 20-25 minutes or until potatoes start to break apart. Put potatoes in colander to remove water and then put the potatoes back in the pot. Add nondairy milk to potatoes and mash or purée with a hand mixer/immersion stick until creamy.

2. Place onions in a preheated skillet. Cook over medium-low heat for 3 minutes, constantly stirring so that the onion begins to turn golden. Cook an additional 6
minutes to soften the onions with the broth and garlic stirring occasionally.
3. Transfer skillet items into creamed potatoes and thoroughly stir in the nutritional yeast, chives, salt, and pepper. Add additional chives, pepper, and salt to taste. Transfer to serving bowl and sprinkle with paprika. Serve immediately.

**Nutrition Facts**

*Per serving*

- **Calories:** 232
- **Fat:** 1.6 g
  - **Saturated Fat:** 0.3 g
  - **Calories from Fat:** 6%
- **Cholesterol:** 0 mg
- **Protein:** 9.6 g
- **Carbohydrates:** 48 g
- **Sugar:** 3.8 g
- **Fiber:** 8.3 g
- **Sodium:** 87 mg
- **Calcium:** 142 mg
- **Iron:** 4.5 mg
- **Vitamin C:** 31 mg
- **Beta-Carotene:** 147 mcg
- **Vitamin E:** 0.4 mcg