

Ingredients:

- 1 1/2 lbs. small Yukon gold potatoes, halved or cut into 2-inch pieces
- 6 medium garlic cloves
- 1/4 tsp. salt
- 1/4 cup olive oil (extra virgin preferred)
- 1 cup chopped green onions
- 1/2 tsp. pepper (freshly ground preferred)

Directions:

1. Put potatoes, garlic, and salt in a large saucepan. Pour in enough water to cover the potatoes. Bring to a boil over high heat. Boil for 15-20 minutes or until the potatoes are soft. Transfer the potatoes and garlic to a colander. Drain well. Return them to the pot.
2. Using the tines of a fork, mash the potatoes and garlic, being sure to crush each piece of potato and each garlic clove.
3. Add the green onions, oil, and pepper, stirring until well combined.



Tips:

- When cooking chicken, make sure the meat reaches 165 degrees F.
- Don't forget that a whole roasted chicken is budget friendly, a crowd pleaser, and easier than you think!
- If you're looking to reduce cholesterol, pick white meat without skin.

Nutrition Facts

Serving size	1/8 of Recipe
Amount Per Serving	
Calories	130
	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	4%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.