



OLIVE OIL MASHED POTATOES

Serves 8



Ingredients:

- 1 1/2 pounds small Yukon gold potatoes, halved or cut into 2-inch pieces
- 6 medium garlic cloves
- 1/4 teaspoon salt
- 1/4 cup olive oil
- 1 cup chopped green onions
- 1/2 teaspoon pepper

Directions:

1. Place potatoes, garlic, and salt into a large pot. 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 a fork, mash the potatoes and garlic, making sure to crush each piece of potato and each garlic clove.
3. Add the olive oil, green onions, and pepper, and stir until well combined.
4. Serve immediately.



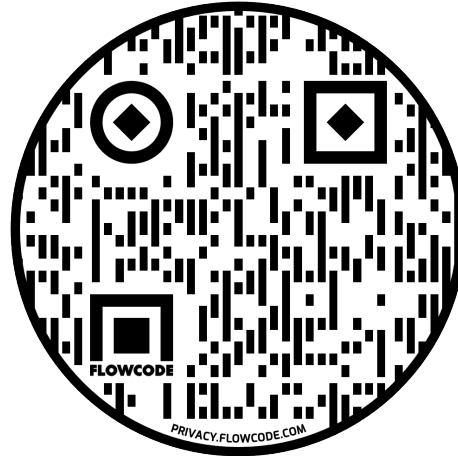


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| Nutrition Facts | |
|---|----------------|
| Serving size | 1/8 of Recipe |
| Amount Per Serving | |
| Calories | 130 |
| | % Daily Value* |
| Total Fat 7g | 9% |
| Saturated Fat 1g | 5% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 85mg | 4% |
| Total Carbohydrate 17g | 6% |
| Dietary Fiber 3g | 11% |
| Total Sugars 1g | |
| Includes 0g Added Sugars | 0% |
| Protein 2g | 4% |
| <small>Not a significant source of vitamin D, calcium, iron, and potassium</small> | |
| <small>*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.</small> | |



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