

## [HEALTHY MASHED POTATO RECIPES](#)



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### **Healthy Mashed Potato Recipes EatingWell**

In this healthy mashed potato recipe, we flavor the mashed potatoes with nutty browned butter and tangy buttermilk. For a pretty presentation, serve garnished with thinly sliced fresh chives.

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### **Healthy Mashed Potato Recipes Cooking Light**

Mashed potatoes are one of the quintessential comfort foods. Smooth, creamy, and warm few vegetable side dishes can compare to these smashing spuds. First up: Buttermilk-Parmesan Mashed Potatoes. Be sure to purchase a crumbly wedge of Parmigiano-Reggiano for this super quick potato side dish.

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### **The Best Healthy Mashed Potato Recipes Ever Health**

With their butter, whole milk, and loads of salt, mashed potato recipes usually get left out of the more nutrition-minded cookbooks. But it's possible to enjoy healthy mashed potatoes with just a few simple tweaks. Our best mashed potato recipes are lighter in fat and calories without skimping on taste or creaminess.

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### **Healthy Garlic Mashed Potatoes Recipe Genius Kitchen**

Peel potatoes and cut in half. Place in large stovetop pot with 4 whole garlic cloves. Cover with cold water and bring to a boil. Reduce heat to a gentle boil and cook until potatoes are tender. When potatoes are tender, drain and mash along with garlic cloves using a potato masher or electric beaters.

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### **Low Calorie Low Fat Mashed Potato Recipe Fitness Magazine**

Lighten up a classic side dish using our healthy mashed potatoes recipe and healthy cooking tips.

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### **Healthy Mashed Potatoes Recipe Genius Kitchen**

Wash potatoes and cut off any eyes. Do not peel them. Cut them in quarters and place in good sized pot. Fill with enough water to cover potatoes and add salt. Bring to a boil, then simmer for 20 - 25 minutes or until tender. Drain water and smash the potatoes in the pot with a potato masher.

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### **Healthy Mashed Potatoes Recipe Pillsbury com**

Place potatoes in large saucepan; add enough water to cover. Add 3/4 teaspoon of the salt. Bring to a boil.

Reduce heat to medium low; cover loosely and boil gently for 15 to 20 minutes or until potatoes break apart easily when pierced with fork. Drain well.

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How Do You Make Healthy Mashed Sweet Potatoes? Our recipe is so amazingly simple for mashed sweet potatoes.

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