



# Garlicky Mashed Potatoes

Prep: 10 minutes | Cook: 30 minutes | Total: 40 minutes

Yield: 8 servings | Serving Size: ½ cup without toppings

## Ingredients

2 pounds potatoes, unpeeled (one type or a combination; e.g. Russet, red, Yukon gold)

½ teaspoon salt

Water

½ cup half-and-half

1 tablespoon lemon juice or vinegar

3 cloves garlic, minced

Optional toppings: pesto, horseradish, caramelized onions, sundried tomatoes, bacon, chives, green onion, cheddar cheese, fried egg

## Directions

1. Cut the potatoes in half lengthwise, then cut each of the halves lengthwise again to create quarters. Cut the potatoes crosswise into ½-inch-thick slices.
2. Add the potatoes to a large pot. Add just enough cold water to cover them.
3. Cover the pot with a lid and bring the water to a boil over high heat. When the water begins to boil, remove the lid and bring the heat down to a simmer.
4. Cook the potatoes until they are easily crushed with tongs, about 15-20 minutes.
5. Meanwhile, add the half-and-half, garlic, lemon juice or vinegar, and salt to a small saucepan and bring to a gentle simmer over low heat.
6. Drain the potatoes, then return them to the pot and place the pot back over the heat.
7. Add the warm half-and-half mixture to the potatoes.
8. Mash the potatoes until you are happy with the texture. If you are using red potatoes, keep in mind that they will not get completely smooth with mashing.
9. Serve warm, topping as desired.

**Nutrition Facts Per Serving: Calories: 100 | Total Fat: 2 g | Saturated Fat: 1 g  
Sodium: 160 mg | Total Carbohydrate: 19 g | Dietary Fiber: 2.5 g | Protein: 2.5 g**

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