

Mashed Potatoes

6 medium potatoes (2 pounds)
1 tbsp. butter-flavored sprinkles
2 tsp. salt
1/4 cup skim milk

Wash, peel, and quarter the potatoes. In a large saucepan cook the potatoes, covered, in a small amount of boiling water for 20-25 minutes or until tender. Drain potatoes and mash with a potato masher or with an electric mixer on low speed. Add the butter-flavored sprinkles and salt. Heat the skim milk. Gradually beat enough of the hot skim milk into the potatoes to make them light and fluffy. Makes 6 serving.

Nutrition information per serving: calories 149; protein 9 grams; fat 0 grams; sodium 788 mg