|  |  |
| --- | --- |
| **Spruced Up Mashed Potatoes** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| recipe image | |  |  | | --- | --- | | **Rated:** | rating |   **Submitted By:**Anne-Marie Whelan  **Photo By:**Jessica   |  | | --- | | **Servings:**10 | |

"This recipe includes cauliflower, garlic and a carrot mashed with the potatoes."

**INGREDIENTS:**

|  |  |
| --- | --- |
| 5 pounds potatoes, peeled and quartered  3 cups cauliflower florets  4 cloves garlic  1 large carrots, chopped  1/2 cup skim milk | 3 tablespoons butter  1/2 teaspoon salt  1/4 teaspoon ground black pepper  1 tablespoon chopped fresh parsley, for  garnish |

**DIRECTIONS:**

|  |  |
| --- | --- |
| **1.** | Bring a large pot of salted water to a boil. Add potatoes, cauliflower, garlic and carrots. Cook until potatoes are tender but still firm, about 15 minutes. Drain. |
| **2.** | Add the milk, butter, salt and pepper. Beat until smooth. Sprinkle with parsley and serve. |