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| **Spruced Up Mashed Potatoes** |   |

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| recipe image |

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| **Rated:** | rating |

**Submitted By:**Anne-Marie Whelan**Photo By:**Jessica

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| **Servings:**10 |

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

**INGREDIENTS:**

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| 5 pounds potatoes, peeled and quartered3 cups cauliflower florets4 cloves garlic1 large carrots, chopped1/2 cup skim milk | 3 tablespoons butter1/2 teaspoon salt1/4 teaspoon ground black pepper1 tablespoon chopped fresh parsley, forgarnish |

**DIRECTIONS:**

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| **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. |