



## Very Low Fat Mashed Potatoes

2 pounds potatoes, peeled and quartered  
½ cup fat free sour cream  
½ cup fat free chicken broth  
4 tsp. salt  
¼ tsp white pepper  
½ tsp ground nutmeg (optional)

- Peel, quarter potatoes. Boil until tender.
- Drain potatoes and transfer to a large mixing bowl.
- Mash potatoes by hand or whip using electric mixer on low speed.
- Slowly add sour cream and chicken broth.
- Add salt, pepper and nutmeg.

Nutritional information: per ½ cup serving

Calories: 113	Fat: < 1g
Saturated fat: 0g	Carbohydrates: 23g
Fiber: 2g	Protein: 2.5g

Recipe adapted from *Wellspringcamps.com*