

Healthy Smashed Garlic Potatoes with Cottage Cheese

Recipe From: Liz Barbour

Cook and serve your potatoes with the skin on for extra fiber and vitamins. Adding cottage cheese to these potatoes is a great way to add protein and creaminess to the dish

Serves 4-6

4 large Yukon gold or red potatoes, skins on
4 large cloves garlic
½ cup low fat milk, warmed
½ cup cottage cheese, warmed
Salt and pepper

1. Leaving the skins on, cut each potato into 8 equal sized pieces.
2. Place the potatoes and garlic into a 6 qt saucepan and with enough cold water to cover the potatoes by 1 inch. Bring the water to a boil.
3. Cook until the potatoes are easily pierced with a fork, about 20 minutes.
4. Strain out the water and return the potatoes and garlic to the pan.
5. *Smash* the potatoes and garlic with a potato masher or fork.
6. Add the milk and the cottage cheese and stir until combined with the potatoes. Add a little more milk if you like the potatoes more moist. Finish with salt and pepper to taste.