



Buttermilk Mashed Potatoes

2 pounds baking potatoes
2 tablespoons margarine
2/3 cup buttermilk
½ teaspoon salt
¼ teaspoon black pepper

1. Wash potatoes and dry with paper towel.
2. Cook potatoes until soft and drain.
3. Add margarine and ½ cup buttermilk to potatoes and mash. Add the remaining milk if potatoes are too thick.
4. Add salt and pepper.

Makes 6 portions

Per portion

Calories	161
Carbohydrate	28 grams
Protein	4 grams
Fat	1 gram
Saturated Fat	1 gram
Cholesterol	1 milligram
Sodium	282 milligrams
Dietary Fiber	3 grams