



## **Golden Mashed Potatoes**

*Makes 10 Servings*

3 pounds Yukon Gold potatoes, peeled and cut into ½-inch dice

1 pound sweet potatoes, peeled and cut into ½-inch dice

4 ounces 1/3-less-fat cream cheese

½ cup fat-free sour cream

½ cup shredded reduced-fat Cheddar cheese (2 ounces)

½ cup grated Parmesan cheese

1 tablespoon unsalted butter

1 ½ teaspoons kosher salt

Pinch nutmeg

A few cranks of freshly ground black pepper

1. Place the potatoes and sweet potatoes in a large saucepan, and add enough cold water to cover. Cover and bring to a boil. Reduce the heat and cook, covered, at a low boil until tender, about 10 minutes.

2. Drain well and return to the pan. Add the cream cheese, sour cream, Cheddar cheese, Parmesan cheese, butter, salt, nutmeg, and pepper. Use a potato masher or ricer and mash the potatoes until smooth.

3. Season with additional salt and pepper to taste. Serve out of the saucepan, or spread potato mixture into a 9 x 13-inch baking dish and bake, uncovered, for 15 minutes until heated through.

Nutrition Information per Serving: 220 calories, 5g fat (3g saturated), 350mg sodium, 36g carbohydrate, 3g fiber, 7g protein, 120% vitamin A, 25% vitamin C, 20% calcium