Rustic Garlic Mashed Potatoes
EXCHANGES: ½ fat, ½ starch, ½ vegetable
|Heart Healthy| Low Carbohydrate| Low Fat| Low Sodium

Ingredients: 16 servings // 40 mins

- 3 pounds russet potatoes
(peeled and cut into 2-inch pieces)
- 1 (2 pound) head cauliflower, cut into florets
- 6 cloves garlic
- halved 3 ounces light cream cheese, softened
- 2 tablespoons butter/ghee, softened
- ¼ teaspoon salt
- ¼ teaspoon pepper
- ¼ cup chopped fresh chives

**Instructions:**
Bring lightly salted water to boiling in a 4-quart pot. Add potatoes, cauliflower and garlic. Return to boiling; reduce heat.
\* Simmer, uncovered, for 25 minutes or until tender, stirring occasionally. Drain and return to pot. Add cream cheese, butter, salt and pepper. Mash with a potato masher until nearly smooth.
 \* Stir in chopped chives. Garnish with additional chives, if desired.

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