

Hearty Mashed Potatoes

INGREDIENTS

- 4 potatoes, peeled and cut in chunks (about 2 pounds)
- 1, 15-ounce can low sodium chickpeas, drained and rinsed
- 1/2 cup low-fat milk
- 1/4 cup low-fat Parmesan cheese
- 1/2 teaspoon garlic powder
- 1/4 teaspoon black pepper, to taste

6 SERVINGS

20 MINUTES



Adapted from:
myplate.gov

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PROCEDURE

1. Place potato chunks in large saucepan and cover with water. Bring to a boil over high heat then reduce to a simmer for 10 minutes.
2. After 10 minutes, add chickpeas to potatoes. Continue cooking until potatoes are fork tender, about 20 minutes.
3. Drain water. Place potatoes and chickpeas back in saucepan. Mash the chickpeas and potatoes using a potato masher.
4. Add milk, cheese, garlic powder, and black pepper. Stir until well combined.
5. Serve warm!

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