

Garlic Mashed Potatoes

From – *Moosewood Restaurant Low-Fat Favorites*

3 lbs potatoes, peeled and cubed (about 2 cups)
10 garlic cloves, peeled
1 bay leaf
1 tsp salt
 $\frac{3}{4}$ to 1 cup buttermilk, heated
salt and ground black pepper to taste

- In a large pot, combine the potatoes, garlic, bay leaf and salt with just enough water to cover.
- Cover the pot, bring to a boil and then lower the heat and simmer for 10 to 15 minutes, until the potatoes are tender.
- Drain.
- Remove and discard the bay leaf.
- Mash the potatoes and garlic with enough buttermilk to achieve the consistency you like.
- Add salt and pepper to taste.
- Serve immediately.



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