

# Diabetes-Friendly Thanksgiving Recipe

## Rustic Mashed Potatoes With Olive Oil & Garlic

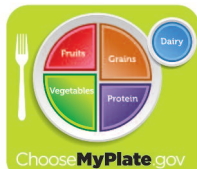
10 SERVINGS • SERVING SIZE: ½ CUP • PREPARATION TIME: 10 MINUTES • COOKING TIME: 50 MINUTES

- 2 pounds peeled and halved russet potatoes
- 14 peeled, whole garlic cloves
- ¼ cup olive oil
- ½ cup grated fresh Parmesan cheese
- Kosher salt and fresh-ground black pepper to taste

►Bring a large pot of salted water to a boil. Add the potatoes and garlic, and bring again to a boil. Lower the heat, cover, and simmer on low for about 25 to 35 minutes, or until the potatoes are very tender.

►Drain the potatoes, saving ½ cup of the cooking liquid. Add the potatoes back to the pot. Place a dish towel over the pan, and replace the cover. Let the potatoes dry steam for 5 minutes.

►Slowly add the cooking liquid to the potatoes, mashing well. Add the olive oil, and continue to mash the potatoes to the desired consistency. Add in the Parmesan cheese, salt, and pepper.



*Per serving: starch exchanges, 1; fat exchanges, 1; calories, 125; calories from fat, 55; total fat, 6 g; saturated fat, 1.3 g; trans fat, 0 g; cholesterol, 5 mg; sodium, 30 mg (without added salt); total carbohydrate, 16 g; dietary fiber, 1 g; sugars, 1 g; protein, 3 g*

*Recipe from [forecast.diabetes.org/recipes/rustic-mashed-potatoes-olive-oil-and-garlic](http://forecast.diabetes.org/recipes/rustic-mashed-potatoes-olive-oil-and-garlic).*

