

# Sour Cream Mashed Potatoes



3 lbs. golden potatoes, cut into 1-inch cubes  
2 cups low sodium chicken broth  
1 1/2 cups 1% milk  
5 Tablespoons margarine

1/2 cup light sour cream  
1/2 teaspoon black pepper  
Salt to taste  
Chives, chopped for toppings

**Instructions:** Place potatoes in a large stock pot with chicken broth. Add enough water to cover potatoes. Bring to a boil; reduce heat and simmer, uncovered, for about 10-12 minutes, until easily pierced with a fork. Drain and place in a stand mixing bowl. Mix until smooth, about 1 minute. Heat milk and margarine in a saucepan, until margarine melts. Slowly pour milk mixture to potatoes and add sour cream, pepper and salt. Using the whipping attachment, whip for 1 minute or until fluffy. Serve warm topped with chives.

Yield: 8 servings

**Nutrition Facts** (per serving): 230 calories, 10 grams fat, 160 milligrams sodium, 31 grams carbohydrate, 3 grams fiber, 7 grams protein