



## Mashed Potatoes & Peas

*Russet potatoes are excellent in this dish, but any potato works in a pinch.*

Makes 6 servings; Total time: 20 minutes

- 2 lb. russet potatoes, peeled and cut into 1½-inch chunks
- ½ cup milk, warmed
- ½ stick unsalted butter, melted
- 1 cup frozen green peas, thawed
- Salt and white pepper to taste
- Minced fresh chives

**Boil** potatoes in a pot of salted water until tender, 12–15 minutes; drain. Return potatoes to pot; cook, stirring, over low heat for 1 minute to remove moisture. Mash potatoes until smooth.

**Stir** in milk, butter, peas, salt, and pepper; serve immediately topped with chives.

Per serving: 220 cal; 8g total fat (5g sat); 22mg chol; 58mg sodium; 32g carb; 4g fiber; 6g protein