

Roasted Garlic Mashed Potatoes with Basil

INGREDIENTS

4 unpeeled garlic cloves

3 medium baking potatoes, peeled and quartered

6 to 8 fresh basil leaves, cut into thin strips

1/2 cup skim milk

Dash of cracked pepper

1/4 to 1/2 teaspoon salt

2 to 4 tablespoons butter (optional)



Roast garlic in oven or toaster oven at 375°F for about 20 minutes. Cool garlic, peel, and dice.

Place potatoes in a microwave-safe dish, cover and microwave on high for 11 to 13 minutes or until potatoes are tender.

Mash potatoes and add roasted garlic, basil, milk, pepper, salt, and butter. Whip until smooth.

Makes 3 to 4 servings