



# GRATITUDE IS GOOD MEDICINE

A regular gratitude practice can make you healthier and lead to:

- Better mood
- Better sleep
- Lower blood pressure
- Improved immune function



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# November



## Smashed Red Potatoes

 SERVES 5 / SERVING SIZE 1/2 CUP

### Ingredients

- 1 lb. small red potatoes (about 7), quartered
- 1 cup low-fat buttermilk
- 3 Tbsp. thinly sliced green onions (green part only)
- 1 Tbsp. shredded or grated Parmesan cheese
- 1/8 teaspoon salt
- 1/8 teaspoon pepper

### Directions

Put the potatoes in a medium saucepan. Pour in enough water to cover them. Bring to a boil over high heat. Reduce the heat and simmer for 10 to 15 minutes, or until fork-tender. Drain well in a colander. Return to the pan.

Meanwhile, in a small saucepan, heat the buttermilk over medium-low heat for 5 to 7 minutes, or until hot, making sure it doesn't boil. Remove from the heat.

Using a potato masher, mash the potatoes, adding enough buttermilk to make them creamy (you may not need all the buttermilk). Add the remaining ingredients, stirring just until blended.

**Tip:** Over-beating mashed potatoes may cause them to become gummy. The best way to avoid this is to use a potato masher rather than a food processor or electric mixer. You can also achieve good results with a food mill, but it removes the nutritious potato skins. The amount of liquid needed (buttermilk in this recipe) depends on how hot and well drained the potatoes are when mashed and how warm the liquid is.

### Nutritional Facts

Calories	90	Cholesterol	3 mg
Total Fat	1.0 g	Sodium	139 mg
Saturated Fat	0.5 g	Total Carbohydrate	17 g
Trans Fat	0.0 g	Dietary Fiber	2 g
Polyunsaturated Fat	0.0 g	Sugars	3 g
Monounsaturated Fat	0.0 g	Protein	4 g

Dietary Exchanges: 1 starch

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