



Olive Oil Mashed Potatoes

This mashed potato recipe uses heart healthy olive oil and bold aromatics, like garlic and rosemary, to bump up the flavor. Dairy free and low in saturated fat, this recipe will please everyone at your holiday table, and it might even become your favorite mashed potatoes!

Yield: 6 servings; 1 cup each

Ingredients:

- 2.5 lbs. russet potatoes
- 1/2 tsp salt
- 4 garlic cloves, peeled
- 1/4 cup olive oil
- 1/2 tsp dried rosemary
- 1 cup vegetable broth, warmed
- black pepper
- salt to taste

Directions:

1. Peel and dice the potatoes into 1-inch cubes. Place the potato cubes in a colander and rinse well with cool water to remove the excess starch.
2. Place the rinsed potatoes in a large pot, fill it with enough water to cover the potatoes by one inch, then add 1/2 tsp salt.
3. Cover the pot with a lid, place the pot over high heat, and bring it up to a boil. Once boiling, remove the lid, and reduce the heat to medium. Continue to boil the potatoes for about 10 minutes, or until they are very soft (they should break apart when pierced with a fork).
4. While the potatoes are boiling, prepare the garlic infused olive oil. Mince the garlic and add it to a small sauce pot or skillet with the olive oil. Heat the oil and garlic over medium-low heat. Let the garlic sizzle in the oil for 1 minute, or just until the garlic is slightly softened, but not brown. You just want to take the spicy, raw bite off the garlic flavor. Remove the sauce pot from the heat and set it aside.
5. Drain the boiled potatoes in a colander. Return the drained potatoes to the pot, with the heat turned off. Add garlic and oil, dried rosemary, about 1/2 tsp of black pepper and about 1/2 cup warmed vegetable broth.
6. Mash the potatoes or use a hand mixer to whip them until light and fluffy, adding more vegetable broth as needed to keep them soft and moist (about 3/4 cup total broth). Taste and season to taste with additional salt and pepper, if needed. Serve warm.

Recipe Notes: Use Yukon Gold potatoes for a denser, creamier mashed potato. Make sure your olive oil is fresh! Don't overmix your potatoes; use a potato masher, potato ricer or hand mixer and NEVER use a food processor (they will become gummy!)

Nutrition Info per serving:

Calories: 235 Saturated Fat: 1.4g, Sodium: 418mg, Added Sugars: 0g, Fiber: 2.8g, Protein: 4.2g

Source: <https://www.budgetbytes.com/olive-oil-mashed-potatoes/>