

Smashed Red Potatoes

WITH LEEKS & ROSEMARY

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!

Nutritional Bonus: Potatoes are commonly viewed as comfort food, so it might come as a surprise that they are actually low in calories and filled with fiber (keep the skin on for even more belly-benefiting fiber!). The versatile potato is also packed with vitamins and minerals, especially potassium and B₆, which help regulate blood pressure and may lower the risk of heart disease, respectively.

FOUR: When potatoes are tender, drain well then return to pot. Lightly smash potatoes using a potato masher. Add leeks, sour cream mixture, salt and pepper, then stir until creamy but still slightly chunky. Serve immediately.

ONE: Cut potatoes in half and place in a medium saucepan. Fill pan with enough cold water to cover potatoes by at least 1 inch. Bring water to a boil, reduce heat to medium and cook for 15 minutes or until fork-tender. **TWO:** Meanwhile, heat oil on medium-low in a small skillet. Add leek and cook, stirring occasionally, until very soft, about 8 minutes. Add rosemary and stir for 30 seconds. Remove pan from heat. **THREE:** In a small bowl, whisk together sour cream and milk; set aside.

INSTRUCTIONS:

FOLD LINE

visit cleaneating.com

Clean Eating
magazine

Clean Eating
magazine

SMASHED RED POTATOES WITH LEEKS & ROSEMARY

Serves 4. Hands-on time: 15 minutes. Total time: 30 minutes.



INGREDIENTS:

- 1 lb small red potatoes, unpeeled and scrubbed
- 1 tbsp olive oil
- 1 medium leek, white and light green parts only, thinly sliced
- 1 tsp minced fresh rosemary leaves
- ¼ cup low-fat sour cream
- ¼ cup skim milk
- ¼ tsp kosher salt
- Fresh ground black pepper, to taste

Nutrients per ½-cup serving: Calories: 154, Total Fat: 5 g, Sat. Fat: 2 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 0.5 g, Carbs: 23 g, Fiber: 2 g, Sugars: 4 g, Protein: 4 g, Sodium: 148 mg, Cholesterol: 8 mg