

Roasted Garlic Mashed Potatoes

From Jill {www.iruneat.com}

- 1/4 cup garlic (whole cloves)
 - 2 lbs red potatoes
 - 1/2 cup milk
 - 1/4 cup heavy cream *****See note for a healthy substitute**
 - 2 tablespoons butter
 - salt and black pepper, to taste
1. Pre-heat oven to 400 F
 2. Place a single layer of garlic cloves on a sheet of aluminum foil and wrap tightly
 3. Roast in oven for approximately 45 minutes or until soft
 4. Unwrap garlic and let cool
 5. Peel cloves and set aside
 6. Wash and rinse potatoes
 7. Optional: Peel potatoes - I don't do this but I like having the texture from the skins
 8. In a pot, bring red potatoes to a slow boil for approximately 20 minutes
 9. Remove from heat and drain
 10. In the pot or bowl, combine potatoes, peeled and roasted garlic cloves, and all other ingredients and mash with a potato masher

*****Note:** Heavy cream substitute -

8 oz low fat cottage cheese + 3 Tbs non-fat powdered milk.

Puree in food processor for 5 minutes & measure out 1/4 cup.