



Three-Cheese Mashies



1/5 of recipe (about 2/3 cup): 141 calories, 5.5g total fat (3g sat. fat), 296mg sodium, 16.5g carbs, 2g fiber, 2.5g sugars, 8g protein

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Prep: 15 minutes **Cook:** 30 minutes



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Ingredients

12 oz. (about 1 medium) russet potato
3 cups cauliflower florets
1/4 cup light/low-fat ricotta cheese
1 tbsp. whipped butter
1/2 tsp. garlic powder
1/4 tsp. salt
1/8 tsp. black pepper
1/2 cup shredded reduced-fat cheddar cheese
5 tsp. grated Parmesan cheese

Directions

Bring a medium pot of water to a boil. Peel and cube potato.

Add potato and cauliflower. Once returned to a boil, reduce heat to medium. Cook until very tender, 15-20 minutes.

Drain potato and cauliflower in a strainer. Transfer to a large bowl.

Add all remaining ingredients except cheddar and Parm. Thoroughly mash and mix.

Fold in cheddar. Top each serving with 1 tsp. Parm.

MAKES 5 SERVINGS

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