

Olive Oil Mashed Potatoes

Get your comfort from this creamy American side dish, which uses healthy olive oil instead of butter to add flavor and richness.

Ingredients

Servings: 8 **Serving Size** 1/2 cup

- 1 1/2 pounds small Yukon Gold potatoes, halved or cut into 2-inch pieces
- 6 medium garlic cloves
- 1/4 cup olive oil (extra virgin preferred)
- 1/2 teaspoon black pepper (freshly ground)
- 1/4 teaspoon salt
- 1 cup chopped green onions

Directions

1. Put the potatoes, garlic, and salt in a large saucepan. Pour in enough water to cover the potatoes. Bring to a boil over high heat. Boil for 15 to 20 minutes, or until the potatoes are soft. Transfer the potatoes and garlic to a colander. Drain well. Return them to the pan.
2. Using the tines of a fork, mash the potatoes and garlic, being sure to crush each piece of potato and each garlic clove.
3. Add the green onions, oil, and pepper, stirring until well combined.

Nutrition Facts



Calories
134 Per Serving

Protein
2g Per Serving

Fiber
3g Per Serving

Nutrition Facts	
Calories	134
Total Fat	7.0 g
Saturated Fat	1.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	5.0 g
Cholesterol	0 mg
Sodium	83 mg
Total Carbohydrate	17 g
Dietary Fiber	3 g
Sugars	1 g
Protein	2 g

Dietary Exchanges

1 starch, 1 fat

References

1. American Heart Association. 2024. Web Address: <https://recipes.heart.org/en/recipes/olive-oil-mashed-potatoes>