

Simple Smashed Potatoes

Makes: 8 servings

Active Time: 15 min.

Cook Time: 45 min.

Ingredients:

10-12 red potatoes

¼ c. butter

2 c. milk

4 tbsp. olive oil

salt & pepper (to taste)

Optional Add-Ins:

2 tbsp. chives (chopped)

1 c. bacon (crumbled)

2 c. sour cream

2 c. shredded cheese

1. Wash and dry potatoes, then prick with a fork and place on a baking sheet.
2. Drizzle with olive oil, then sprinkle with salt & pepper and bake at 400 for 30 min.
3. Remove from oven and smash potatoes while hot, then pour into large mixing bowl.
4. Add milk and butter, then mix to your preferred consistency.
5. Stir in any additional ingredients.

TIPS:

- Smash potatoes with a can of vegetables (wash it first, of course).
- Get real bacon bits from the salad bar at your grocery to save time.
- Sub greek yogurt for sour cream to save fat and calories.
- After smashing, sprinkle with add-ins then bake for another 15 minutes for a crispy alternative to smashed potatoes.

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