

Herbal Legacy Recipes

Tasty Garlic Mashed Potatoes

A Tasty and Creative way to serve raw garlic to your family – not to mention the antioxidant packed russet potatoes. Who said potatoes couldn't be healthy?

INGREDIENTS:

- 3 1/2 pounds russet potatoes
- 2 cups soymilk or other non-dairy milk
- 6 cloves garlic, crushed
- 2 tablespoons sea salt
- Freshly Ground Pepper
- 2-3 T. Chopped parsley
- Extra-Virgin Olive Oil



DIRECTIONS:

Scrub (don't peel) and dice potatoes, making sure all are relatively the same size. Place in a large saucepan and cover with distilled water. Bring to a boil over medium-high heat and then reduce heat to maintain a rolling boil. Cook until potatoes fall apart when poked with a fork.

Remove the potatoes from the heat and drain off the water. Mash and add the raw garlic and soy milk, salt and pepper; stir to combine. Let stand for 5 minutes. Drizzle with Olive Oil and chopped parsley. Serve.

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