**Half-Mashed Potatoes**

**INGREDIENTS**
- 1 ½ pounds russet potatoes, leave peel on
- 16-ounce bag frozen cauliflower florets
- 1/3 cup skim milk
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tsp fresh chives, chopped

**INSTRUCTIONS**
1. Scrub potatoes under cold water. Cut into medium dice.
2. Add potatoes to a large soup pot. Cover with cold water and bring to a boil. Cook for 15 minutes, or until just tender.
3. Add cauliflower to pot, return to a boil, and cook for 5 more minutes.
4. Drain potatoes and cauliflower and return to pot. Add remaining ingredients and mash mixture with a potato masher. Mix with an electric mixer on low-speed for about 1 minute.
5. Top with fresh chives.

SERVING SIZE: 1/2 cup (serves 11)  VISIT BCOC.ORG FOR MORE RECIPES!
Both potatoes and cauliflower are nutrient-rich foods. Cooked potatoes with skin are a good source of potassium and vitamin C. They contain resistant starch, a type of fiber that feeds the good bacteria in your gut and improves digestive health. The fiber is highest in the skin. In addition, cauliflower is high in Vitamin C (77% of the RDI in 1 cup) and also is a good source of fiber. Cauliflower, a lower carbohydrate alternative, contains a significant amount of antioxidants which can help reduce inflammation and protect against disease.

Nutrition Facts: (1/2 cup serving) 110 calories, 4.5g fat, 0.5g saturated fat, 2g protein, 2g fiber, 16g carbohydrates, 2g sugar, 160mg sodium