

Mashed Potato Dinner

4 servings

6 Tablespoons	extra virgin olive oil*
1 can	peas, drained *
1 can	white beans, drained, rinsed*
2 pounds	potatoes, chopped (red or white)
1 cup	nonfat milk

1. put the chopped potatoes in about 2 inches of water in a sauce pan. Add salt (about ½ teaspoon) to the water, if desired. Bring the water to a boil; reduce the heat and gently boil the potatoes until soft when pierced with a fork (about 5-7 minutes).
2. heat the olive oil in a small skillet on medium/low. Add the peas and stir to coat with the oil. Cook for 2-3minutes.
3. add the beans just as the potatoes are finishing cooking.
4. drain the cooked potatoes. Put potatoes back in the sauce pan and start to mash. Add the milk and completely mash.
5. using a rubber spatula, mix in the vegetables. The vegetables will be soft so they will easily fall apart.

Approximate cost for the recipe: \$4.71 or \$1.18 per serving