



ROASTED GARLIC AND **CHIPOLTE** MASHED POTATOES

These potatoes are very high in flavor and lower in fat than the traditional ones. I sometimes leave the skins on the potatoes for extra taste.

6-8 large garlic cloves, unpeeled
1 tsp. olive oil
2 chipotles *en adobo*
2 large Idaho potatoes, peeled and cubed
2 T. butter
½ c. low-fat milk
1 ¼ c. plain yogurt
Salt and freshly ground black pepper to taste

Garnish: Freshly ground Parmesan cheese

Preheat the oven to 350 degrees F. Rub the garlic with the oil and wrap in a piece of aluminum foil. Roast in the oven for 30 minutes or until soft. Cool and squeeze the cloves out of the skins, then mince. Place the chiles with a little of the *adobo* sauce in a blender or food processor and puree until they are smooth. In a saucepan, cover the potatoes with cold water and bring to a boil. Reduce the heat slightly and cook for 30 minutes until they are tender. Drain the potatoes well. Place the potatoes in a large mixing bowl along with garlic, butter, milk, and yogurt. Beat until smooth and creamy, adding more yogurt or milk if necessary. Gently stir in the chile and season with the salt and pepper. Garnish with the cheese and serve.