



This is my favorite mashed potatoes. I love the ratio of russet potatoes to sweet potatoes. Sweet potatoes or yams mashed on their own are far too slimy and wet in texture for my liking. This recipe has all the fluffy whipped goodness of classic mashed potatoes but, with the vibrant color of yams. You can also leave the skins on the russet potatoes to retain fiber and more texture. Serve piping hot with everything from Thanksgiving roasted turkey to barbequed ribs.

Serves 6

Ingredients

1 1/2 lbs. russet or yukon gold potatoes

1 lbs. sweet potatoes

1/2 cup 2% milk

1/8 cup low fat soured cream

2 tbsp butter

1/4 tsp nutmeg

1/2 tsp garlic powder

1 tsp salt and pepper

Method

Wash, peel and cut potatoes into uniform sized chunks for even cooking, bare in mind the smaller the chunks the quicker the cooking time.

Place potatoes in large pot and fill with cold water ensuring at least 2 inches of water above potatoes. Bring to boil over high heat.

Boil potatoes for 25 minutes or until fork tender.

Meanwhile heat milk and butter in a small sauce pan but do not allow to boil.

Drain potatoes, return to pot and place over medium heat. Let steam and excess liquid from potatoes evaporate for 1 minute stirring potatoes slightly. The potatoes should appear fluffy around the edges.

Add melted butter and warm milk to potatoes along with nutmeg, garlic powder, salt and pepper.

With an electric hand held or counter top mixer, whip potatoes until smooth, light and fluffy. Stir mashed potatoes with a wooden spoon ensuring there are no hidden lumps remaining that need to be mashed. Taste, adjust the seasonings if needed, serve and enjoy.