

## Roasted Garlic Mashed Potatoes

I love the smell of roasted garlic on a winters' day! This side dish will go well with many chicken or beef dinners. This version is healthier than your average mashed potato. No butter or cream and if you want to reduce a little more fat, skip the parmesan cheese; it will still taste delicious.

### Ingredients

3 ½ pounds red potatoes, (about 10 potatoes) quartered  
1 large bulb of garlic  
¼ cup + additional extra virgin olive oil  
1 ½ cups milk  
1 teaspoon salt + additional  
¼ teaspoon black pepper  
½ cup fresh grated parmesan cheese

### Preparation

Place rack in upper position and set to broil. Place garlic in a large square sheet of foil and lightly drizzle with olive oil. Wrap foil around garlic to enclose and place in a small baking pan. Broil until soft, about 20-25 minutes. Remove from oven and let garlic cool. Separate cloves then gently peel garlic. (Tip: squeeze garlic cloves from tips to release garlic) Set aside.

Bring a large pot of water to a boil with a pinch of salt. Cook potatoes until tender, about 20 minutes. Drain potatoes then return to the same pot. Add milk, ¼ cup olive oil, 1 teaspoon salt, black pepper, parmesan cheese, and garlic to the pot then mash and stir until smooth. Season to taste with additional salt and pepper if preferred. Serve immediately.

Makes 4-6 servings

\*Tip: To keep mashed potatoes warm without drying out; place the potatoes in a covered glass bowl over simmering hot water, just like a double broiler, stirring every 15 minutes or so.