

Cleo Coyle's Pretty Fall (Healthier) Mashed Potatoes

Text and photos (c) by Alice Alfonsi who writes
[The Coffeehouse Mysteries](#) as [Cleo Coyle](#) with her
husband, Marc Cerasini.

Potatoes are one of my favorite comfort foods. Unfortunately, peeling, boiling, and mashing potatoes with butter and cream leaves you with high carbs, low fiber, and not much nutrition. This recipe is a tasty solution. The carrots and garlic bring dietary fiber, vitamins, and a gorgeous golden-orange color to your table. And here's the best part: This recipe is absolutely delicious. It does not taste like mashed carrots but instead produces a creamy, garlicky, mashed potato experience. The potato skins are left on for more nutrition; and there is no milk or cream in the recipe, so it can be made vegan or Kosher by switching the butter for margarine. Finally, the ingredient amounts are very easy to commit to memory for whipping up a fast "from-scratch" dinner side dish that I certainly hope you will eat with joy! ~ **Cleo**

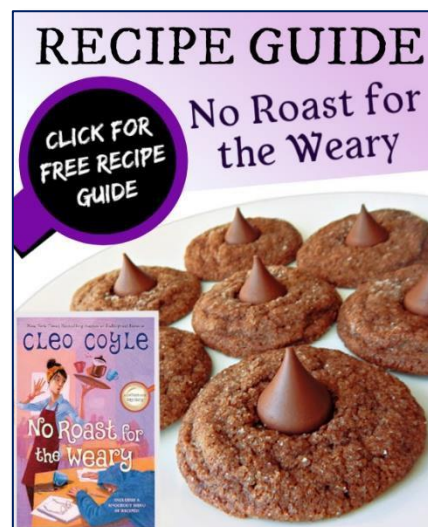
3 white potatoes
+ 3 carrots
+ 3 garlic cloves
+ 3 T butter or margarine
= 3 cups *Healthier Mashed Potatoes*

Servings: 3 cups (will serve 4)

3 medium white potatoes, scrubbed, skins on (1 pound)*
3 large carrots, peeled and sliced (about 8 ounces)
3 cloves of garlic
3 Tablespoons butter (or margarine)
1 tsp. salt +
salt and pepper to taste

***NOTE:** *White potatoes are best for creamy, smooth, delicious tasting mashed potatoes. Yukon gold will work, as well. But do not use russet potatoes, the results will not be as appealing.*

Step 1: Prep the veggies - Peel and slice the carrots into one-half inch rings. Cut the potatoes into sections about one-half inch thick, halving the sections again if too large. Peel and chop the garlic.



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Step 2: Start by boiling carrots alone - Carrots take longer to cook than potatoes so you're going to give them a head start. Bring a large saucepan of water to a rolling boil. Add the peeled and diced carrots, return to boil for about 8 minutes, uncovered.

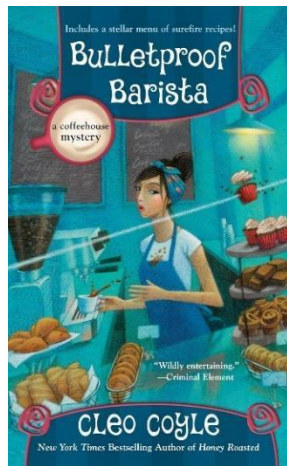
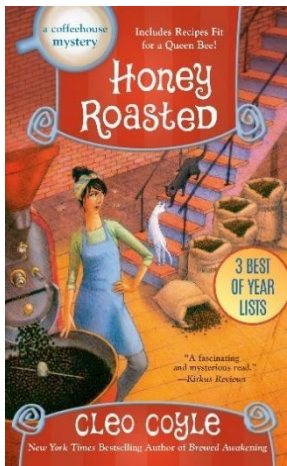


Step 3: Add the potatoes and garlic - After adding potatoes and garlic, return the pot to a boil and simmer for approximately 20 minutes, uncovered, or until potatoes and carrots are soft enough to mash.

Step 4: Drain well and add butter - Pour the cooked veggies and garlic into a strainer and make sure water is well drained. Transfer to a mixing bowl. Add butter or margarine.



Step 5: Mash and whip: I use a traditional hand-masher. Then, for a creamy finish, I whisk briskly in a deep bowl with a simple fork until smooth (about 30 seconds). Add salt and pepper to taste. You can also use a hand-stick (aka immersion) blender to whip up the potatoes or throw them into a food processor.



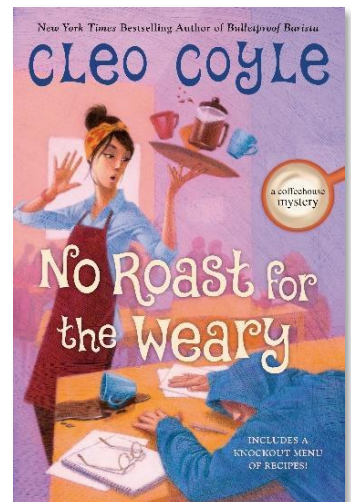
Eat with joy! ~ Cleo

The [Coffeeshouse Mysteries](#) are bestselling culinary mysteries, set in a landmark Greenwich Village coffeehouse. Each includes the added bonus of recipes. To learn more and see more recipes, visit Cleo Coyle's online coffeehouse at

www.CoffeeshouseMystery.com

And her recipe blog at

www.CleoCoyleRecipes.com



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