



KIPPER AND GARLIC MASHED POTATOES

- 2 cans **Crown Prince Natural Kipper Snacks**, drained and flaked
- 4 pounds potatoes, peeled and quartered
- 8 cloves garlic, minced
- 1 cup 2% low fat milk
- 1/4 cup unsalted butter
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 3 tablespoons snipped fresh chives



Cook potatoes in boiling salted water for 20-30 minutes, or until very tender. Drain water and mash the potatoes in the pot. Add garlic, milk, butter, salt and pepper. Mix until smooth, adding more milk as needed. Fold in kipper snacks and chives. Serves 8.

Per Serving: 347 Calories (85 Calories from Fat), 10g Fat, 12g Protein, 56g Carbohydrate, 33mg Cholesterol, 119mg Sodium