

High-Protein Mashed Potatoes



Perfect for enhancing any meal, this mashed potato recipe is a great way to boost the protein content of a classic side dish. Our dietitians often recommend it for children who consume little protein or anyone with increased nutritional needs. Creamy, flavourful and made with just a few ingredients, it's the ideal side dish for our [Easy Salmon Patties](#)!

Preparation 10 min

Cooking 20 min

Servings 6

Nutrition Facts (per serving)

Calories 190

Fat 1

Carbohydrates 25

Fibre 3

Protein 10

Sodium 50

Ingredients

- 1 kg (2.5 lb) peeled and cubed potatoes (about 6 medium potatoes)
- 175 ml ($\frac{3}{4}$ cup) high-protein milk (or 2% fat evaporated milk)
- 125 ml ($\frac{1}{2}$ cup) cottage cheese
- 1 ml ($\frac{1}{4}$ tsp) salt

Preparation

1. In a large pot of boiling water, cook the potatoes for 20 minutes, or until tender.
2. Meanwhile, using an immersion blender, purée the cottage cheese until smooth. (This can be done in the original container.)
3. Drain the hot potatoes and return them to the pot.
4. Add the milk, cottage cheese, and salt.
5. Using a potato masher, mash until smooth and creamy.
6. Season to taste with pepper.

Notes

Keeps for 5 days in the refrigerator.



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