

# Try it “Tuesdays”



**Nutrition information per serving:**

Calories

230

Carbohydrate

33g

Dietary Fiber

7 g

Protein

6 g

Total Fat

10 g

Saturated Fat

2.5 g

Trans Fat

0 g

Cholesterol

10 mg

Sodium

450 mg

## Spicy Mashed Avotatoes

Makes: 6 servings, 1 cup per serving

Preparation Time: 10 Minutes

Cooking Time: 12-15 minutes

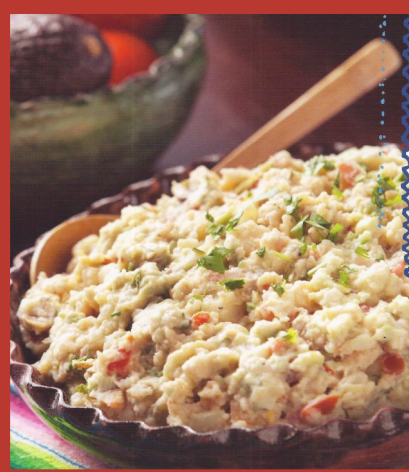
### Ingredients

- 2 pounds russet potatoes (about 4 large potatoes)
- 1 cup prepared Pico de Gallo salsa
- 1/2 cup shredded, reduced fat Cheddar and Monterey Jack (Mexican blend) cheeses
- 3 tablespoons light sour cream
- 1/2 teaspoon salt
- 1 (4-ounce) can diced green chiles, drained
- 2 ripe avocados, mashed
- 2 tablespoons chopped fresh cilantro

### Directions

Scrub potatoes clean and place in a microwave safe container. Poke potatoes with a fork and cover with a lid or plastic wrap. Make sure the plastic doesn't touch the potatoes. Microwave on high for 7 or 8 minutes. Pierce with a sharp knife to see if potatoes are tender. If not, microwave for a few more minutes. (Potatoes may also be boiled and drained.) Mash potatoes well and stir in salsa, cheese, sour cream, salt, and chiles. Microwave for another minute or two. Stir in avocado and cilantro and serve immediately.

For more information, Contact your local EFNEP office



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