

Buttermilk Potatoes

3 lbs red or white new potatoes
1 cup buttermilk
¼ cup prepared horseradish
3 -4 scallions chopped

In large saucepan bring potatoes and enough salted water to cover to a boil. Reduce heat and simmer for 15-20 minutes until tender.

Drain and return potatoes to saucepan.

Mash potatoes with potato masher and stir in scallions, buttermilk and horseradish.

Salt and pepper to taste.

Calories: 242

Protein 7 grams, carbohydrates, 53 grams, fat 1 gram, fiber 5 grams, cholesterol 23 mg