

Roasted Red Potatoes with Bacon and Cheese



INGREDIENTS:

- 2 lb.** Small red potatoes, quartered
- 1/2 cup** Light Ranch Dressing
- 1/4 cup** Bacon Bits
- 1/2 cup** Fat free Shredded Cheddar Cheese
- 1 Tbsp.** chopped fresh parsley

PREHEAT oven to 350°F. Mix dressing, cheese and bacon bits in large bowl. Add potatoes; toss lightly.

SPOON into lightly greased 13x9-inch baking dish; cover with foil.

BAKE 40 min. Remove foil; bake an additional 15 min. or until potatoes are tender. Sprinkle with parsley.

Nutrition Facts:

150 Calories
4.5 g of Fat
23g of Carbs
3g of Fiber
1g of Sugar
6g of Protein

Prep Time:

15 mins.

Total Time:

1 hr, 10 mins.

Makes:

8 servings, 2/3 cups ea.

Creamy Mashed Sweet Potatoes

INGREDIENTS:

1

- 1/2 lb. sweet potatoes, peeled, cut into chunks
- 4 oz. Fat Free Cream Cheese, cubed
- 1-1/2 cups fat-free chicken broth
- 1/2 cup Sliced Almonds, toasted
- 1/4 tsp. ground nutmeg

PLACE potatoes in large saucepan. Add broth; cover. Bring to boil on medium-high heat. Reduce heat to medium-low; simmer 10 min. Uncover; simmer an additional 8 to 10 min. or until most of the broth is absorbed and potatoes are tender, stirring occasionally.

MASH potatoes to desired consistency using a hand masher or electric mixer, gradually adding cream cheese and mixing until melted.

STIR in almonds and nutmeg.



Nutrition Facts:

140 Calories
4.5 g of Fat
19g of Carbs
3g of Fiber
9g of Sugar
8g of Protein

Prep Time:

35 mins.

Total Time:

35 mins.

Makes:

6 servings, 1/2 cup ea.

