

# Mashed Potatoes With Corn and Fat-Free Sour Cream

Oh, the rewards of easy Pritikin cooking! Here's Mashed Potatoes With Corn and Fat-Free Sour Cream, perfect for nights when you're craving a little comfort food but want to be good to your heart and waistline.

Prep Time 10 mins	Active Time 35 mins	Total Time 45 mins
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Course: Dinner, Side Dish, Vegetarian    Cuisine: American, Comfort Food, Easy, Vegan, Vegetarian  
Yield: 8

## Materials

- 2 pounds potatoes (Yukon Gold)
- 1 cup corn (fresh) or frozen kernels (thaw if frozen)
- 1/2 cup milk nonfat very hot
- 1/4 cup sour cream, fat free
- Dash nutmeg ground (optional)

## Instructions

1. Boil potatoes in water until soft (about 25 minutes).
2. Meanwhile, in a medium-hot nonstick skillet, sauté corn kernels until soft, about 5 minutes.
3. In a food processor, blend corn to a paste-like consistency.
4. In a large mixing bowl, mash potatoes using a wire whip. Add corn, hot milk, sour cream, and nutmeg (optional). Whisk until potatoes are fluffy. Serve immediately.