

# Caramelized Shallot Mashed Potatoes



Once you make your mashed potatoes this way, you'll never want them any other way again

Serves 6

2T butter	salt and pepper
2c shallots, thinly sliced	2 pounds potatoes, peeled, quartered
2c chicken broth ~ salt~free	1/4c Fat Free Half & Half

Heat oil in skillet over medium heat. Add sliced shallots and cook until tender and caramelized, stirring often, about 20 minutes. Transfer shallots to small bowl. Add Half & Half to skillet and allow to sit until ready to mash potatoes.

Place quartered potatoes in large pan with chicken broth. Add enough water to completely cover potatoes and bring to boil. Simmer until potatoes are fork tender, about 15 minutes. Drain, reserving at least 1c of the cooking water. Return potatoes to pot and place pot over heat for 1 minute to make sure potatoes are dry.

Add Half and Half from skillet to potatoes and enough of the cooking water to mash to the consistency you like. When almost completely mashed, add cooked shallots and continue mashing. Salt and pepper to taste.

## Prepare Ahead Tip

Potatoes can be prepared 4 hours in advance, covered with foil and placed over large pot of low simmering water to keep warm. Or cool completely, cover and refrigerate. Add a little liquid and microwave until warmed through.

**Debbie Spangler ~ Certified Personal Chef**

[www.yummyissimo.com](http://www.yummyissimo.com) ~ [debbie@yummyissimo.com](mailto:debbie@yummyissimo.com)