

Side

# Classic Mashed Potatoes

Side Effect: Nausea/Vomiting

**20 Mins**  
Prep Time

**20 Mins**  
Cook Time


**6**  
Servings

 **135 Calories** **8g Fat** **14g Carbs** **2g Protein**



## Ingredients

 **6 Servings**  **40 Mins Total Time**  **Allergens: Dairy**

**3 Large Russet Potatoes**, washed, peeled and  chopped into large pieces

**¼ Cup Butter**

**½ Cup Pasteurized Whole Milk**

Salt and Pepper, to taste

### Allergen Swap

**Dairy** Replace milk with ½ cup chicken broth; Replace butter with a vegan butter or olive oil

### Nourishment Note



#### Potatoes

Potatoes, in most forms, are often well tolerated when nauseous due to their low odor and mild flavor.

## Instructions

### 1. Wash Hands

Wash hands with soap and water.

### 2. Boil Potatoes

Place chopped potatoes into a large pot and cover with salted water. Bring water to a boil, reduce heat to medium and cover pot. Simmer potatoes until tender, about 20-25 minutes.

### 3. Dry Potatoes

Drain the potatoes and return them to the pot. Turn heat to high and allow potatoes to dry for approximately 30 seconds. Turn off the heat.

### 4. Mash Potatoes

Using a potato masher, mash the potatoes briefly. Add the milk and butter and continue to mash until smooth. Season with salt and pepper and enjoy.

### 5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: [allrecipes.com](https://www.allrecipes.com)

## What You'll Need



Vegetable Peeler



Knife



Cutting Board



Large Pot



Colander



Measuring Cups



Potato Masher

### Fatigue Buster

- Use a stand or hand mixer to mash potatoes instead of mashing by hand.