

Side

Classic Mashed Potatoes

Side Effect: Nausea/Vomiting

20 Mins Prep Time

20 Mins Cook Time

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

1/4 Cup Butter

1/2 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

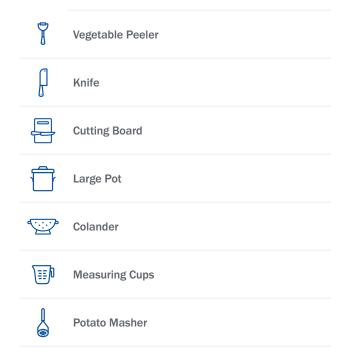
Using a potato masher, mash the potatoes briefly. Add the milk and butter and continue to mash until smooth. Season with salt and pepper and enjoy.

5. Wash Hands

Wash hands with soap and water.

Recipe adapted from: allrecipes.com

What You'll Need



Fatigue Buster

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