



Potato Puff

Info:

Makes 4 Servings 125 Calories per Serving

LOW CAL

Ingredients:



- ❖ 2 Cups Instant Mashed Potatoes (using skim/soy milk & no butter)
- ❖ 1/3 Cup Fat Free Sour Cream
- ❖ 1/3 Cup Fat Free Cottage Cheese
- ❖ ¼ to ½ Small Yellow Onion, minced

Preparation:



1. Preheat oven to 350°
2. Mix the mashed potatoes, sour cream, cottage cheese and onion
3. Spread into a very small, greased casserole dish (glass or silicone)
4. Bake 1 hour and serve hot!