

## Diabetic Friendly Mashed Potatoes

Say yes to this voluptuous combination of Yukon golds and “Sweeties” with hints of onion and garlic. You may be asking yourself, why diabetic friendly? The answer is that a good portion of the starch is released when the white potatoes are grated and “massaged” vigorously in a bowl with hot water. When the potatoes are strained, bye bye to the starch that people veer away from when they say NO to this vitamin and mineral rich food. It may be surprising to you that the sweet potatoes are not high in carbs and starch, so no need to wash them. Feel free to play around with the ratio of white potatoes to sweet potatoes in this recipe

1½ lbs medium Yukon gold potatoes (about 4-5 medium), grated (cone #2) (5 C grated)  
One ¾-1 lbs sweet potato (about 1 medium), grated (cone #2) (4 C grated)  
1/2 medium onion, cut in half, and sliced (cone #2)

For Garlic Oil:

1 small bulb garlic, minced (1½ Tbsp)  
Heaping 1/3 cup good quality olive oil

About 2 Tbsp Cultured Vegan Butter or butter of choice (we love Miyoko’s)  
About 1½ TBSP garlic oil, plus more as desired

1 Tbsp Nutritional yeast (optional)  
Himalayan Sea Salt and Ground pepper

Place a few inches of water in a 3- quart saucepan over high heat. Bring to a boil. Place the grated Yukon Gold potatoes in a medium bowl with 2-3 cups very hot tap water. Massage vigorously using your hands, for about 15 seconds, to remove excess starch. Strain the potatoes into the perforated basket and set over the boiling water. Add the grated sweet potatoes and onion. Using the handle of a spoon, create a little “donut hole” in the middle of the basket so there is free flow of air. Cook until tender, about 20-25 minutes. Stir a few times, and check, intermittently, to make sure the water in the bottom of the pan has not fully evaporated.☺ Place the tender potatoes in medium bowl, smash with the back of a spoon or a handheld potato masher and season with butter, garlic oil, nutritional yeast (if using), sea salt and pepper. Devour.

Makes about 4 cups  
Serves 4-6