

Hints for Eating Mashed Potatoes on Holidays



When my husband and I are invited to Thanksgiving dinner he insists I bring mashed potatoes. He has to make sure there will be at least one bowl of mashed potatoes on the buffet. Borderline rude. I know, but he insists.

I want to give you low carb hints for eating mashed potatoes.

1. **Make sure they are carb resistant.** How do you do that? Cook them the day before and chill them down overnight. That way they won't spike your blood sugar as much. Besides, mashed potatoes reheat just fine!
2. **Add fat.** Butter will likely be the number one choice, but sour cream adds a nice fat touch too. Looking for a list of really good fats? Click [HERE](#).
3. **Cheese.** Grated cheese on top or even swirled through the potatoes will add more fat.
4. **Gravy.** If your gravy is made without a whole lot of flour, pour it on! Click here to check out my recipe for lemon pepper cream gravy.
5. **Cream.** Skip the milk in the potatoes. Go for the gold. Use whipping cream.

6. **Choose your potatoes.** Russet are the highest carb. If you want to lower the carbs use the small potatoes. Even the C-size (1" across) make good mashed potatoes. Not quite the same as russets but it's an option.
7. **Use yams.** *Not sweet potatoes, those are higher carb.* Yams are lower in carbs. *Not sweet potatoes. Those are higher carb.* If you make the casserole with the marshmallows you've defeated the whole purpose!
8. **Keep your portion small.** I try to stick to one-quarter cup of potatoes and eat them slowly. Just a small portion on the tip of your tongue and savor. MMM.

Enjoy!

Cheers,