



Mashed Potatoes with Fresh Pesto

Dress up your taters with our lovely, bright green homemade pesto. Ordinary pesto or garlic-mashed potatoes aren't suitable for low-FODMAP diets, but you don't have to go without! Garlic-infused oil is used to keep the pesto low in FODMAPs, and lactose-free milk makes delicious, creamy mashed potatoes. This recipe makes a large batch, so serve it at your next dinner party or holiday meal.

Ingredients:

6 tablespoons garlic-infused olive oil	½ cup freshly grated Parmesan cheese
6 tablespoons water	2 ¼ pounds potatoes, peeled
½ teaspoon salt, divided	¼ teaspoon ground white pepper
½ cup chopped walnuts	1 1/3 cups lactose-free whole milk
2 cups packed fresh basil	3 tablespoons butter

Procedure:

- Measure the olive oil, water, ¼ teaspoon salt, and walnuts into the bowl of a blender or food processor. Process to grind the walnuts to the consistency of coarse sand. Add the basil leaves while the machine is running and process the pesto to form a coarse paste. Pulse the blender or food processor to stir in the parmesan cheese.
- Cut the potatoes into two-inch pieces. In a large stockpot, cover them with water and bring to a boil over high heat. Reduce the heat, cover the pot and simmer the potatoes for about 20 minutes, or until tender. Drain the potatoes and add ¼ teaspoon salt, pepper, butter and milk. Using a hand-held masher, mash the potatoes until smooth. You will want these mashed potatoes to be soft enough to swirl in the pesto garnish, so add a little more milk as needed to achieve a thick, smooth texture.
- Divide potatoes into serving bowls. Make a "nest" using the back of a spoon or ladle, and fill with pesto. Serve immediately.

Variations and Substitutions:

Ready-made garlic-infused oil can be purchased. It is sometimes labeled as "dipping oil." Or you can make a quick batch at home just for this recipe. Measure 6 tablespoons plus 1 teaspoon of olive oil into a small saucepan or skillet. Add two cloves of garlic, cut into large chunks. Over medium-low heat, simmer the garlic just until it begins to brown. Remove and discard the garlic.

You can substitute some baby spinach or kale for part of the basil in this recipe.

Cooking and Serving Tips:

While you can halve the amount of mashed potatoes in this recipe to feed a smaller number of people, smaller batches of pesto are difficult to make in a blender because the volume is too small for the blades to process effectively. Leftover pesto should be used or frozen within 4 days.

Serves: 9

Recipe provided courtesy of www.ibsfree.net and GI Nutrition Inc.