

MASHED POTATOES

By Darshana Thacker Ready In: 65 minutes

INGREDIENTS:

1. ½ cup cashews
2. 2 cups hot water
3. 4 pounds russet potatoes (about 8 medium-large), scrubbed and chopped
4. ½ teaspoon freshly ground black pepper
5. 1 tsp sea salt
6. 3-4 cloves roasted garlic

It's not hard to see why this dish represents comfort food for people of many different backgrounds. Its creamy, savory goodness is always a hit! From The Forks Over Knives Plan

Instructions:

1. Place the cashews in a small bowl and cover with 2 cups hot water. Set aside to soak for 30 minutes.
2. Place the potatoes in a large saucepan and add cold water to cover. Bring to a boil over high heat, then reduce the heat to medium and cook until the potatoes are very tender when pierced with the tip of a sharp knife, about 20 minutes. Drain thoroughly and set aside to cool.
3. Transfer the cashews and their soaking water to a clean blender. Add salt and pepper and roasted garlic and blend until smooth. Pour the cashew cream over the potatoes and use a potato masher or handheld electric mixer to mash well. Taste and adjust the seasoning.
4. Serve the mashed potatoes topped with the gravy.