



# GEARY COUNTY K-STATE RESEARCH & EXTENSION

SNAP-ED NUTRITION | 119 E. 9TH STREET, JUNCTION CITY, KS

## TEFAP HEARTY MASHED POTATOES

Makes 6 Servings



### Ingredients

- 4 potatoes (baking, peeled and cut in chunks, about 2 pounds)
- 1 can garbanzo beans (15 ounce, drained)
- 1/2 cup milk, non-fat (or fortified soy milk)
- 1/4 cup Parmesan cheese
- 1/2 teaspoon garlic powder
- black pepper (to taste)

### Directions

- Place the potatoes in a large saucepan and cover with water. Bring to a boil over high heat then reduce to a simmer.
- Add the garbanzo beans 10 minutes after potatoes start cooking. Continue cooking until potatoes are fork tender, about 20 minutes.
- Drain water and place the saucepan back on the stove. Mash the beans and potatoes using a potato masher or hand beaters.
- Add the milk, cheese and seasonings.
- Reheat if necessary. Serve hot.

Visit our SNAP-Ed TEFAP Recipe Website for more meals to try!  
<https://www.hhs.k-state.edu/ks-snaped/recipes/tefap/index.html>

## MARCH: NATIONAL NUTRITION MONTH

March is National Nutrition Month! Being physically active and eating nutritious food is important in keeping our bodies healthy. Our Supplemental Nutrition Assistance Program Educators are excited to offer Create Better Health Nutrition Classes online every Wednesday from March through April at 4pm.

If you are interested in learning how to make positive changes for your health or simply want to know how to cook nutritious meals on a budget, while staying home, contact us! Our Nutrition Educators will be teaching Create Better Health classes on Zoom. If you do not know how to use Zoom, the educators will assist you!



Create Better Health will show you how to learn to plan, shop, and prepare healthy, low-cost meals while increasing physical activity.



Celebrate National Nutrition Month by emailing Ann Katt and Courtney Angelo at [snap-edgearycounty@ksu.edu](mailto:snap-edgearycounty@ksu.edu) to register! You can also visit our website at <https://www.geary.k-state.edu/health-home-family/family-nutrition-program.html>

## HEARTY MASHED POTATOES NUTRITION INFORMATION

**1 Serving (247 g)**  
**OR**  
**1/6 of the Recipe**

Calories 221  
Total Fat 2 g  
Saturated Fat 1 g  
Cholesterol 3 mg  
Sodium 185 mg

Total Carbohydrate 41 g  
Dietary Fiber 7 g  
Total Sugars 5 g  
Protein 10 g

DEB ANDRES  
EXTENSION AGENT  
  
FAMILY AND CONSUMER SCIENCES  
785-238-4161  
DANDRES1@KSU.EDU

COURTNEY ANGELO  
SNAP-ED NUTRITION EDUCATOR  
  
785-579-4726  
CJANGELO@KSU.EDU

ANN KATT  
SNAP-ED NUTRITION EDUCATOR  
  
785-579-4726  
AMKATT1@KSU.EDU



This institution is an equal opportunity provider.

