

Mashed Potato Waffles and Cheese

Ingredients:

- 2 cups mashed potatoes
- 4 tablespoons butter
- 1/4 cup milk
- 2 eggs
- 3 tablespoons chopped chives
- 1/2 cup whole wheat flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon fresh ground black pepper
- 1/4 teaspoon garlic powder
- 1 cup grated cheddar cheese

Directions

1. Brown butter in a saucepan and transfer to a bowl to cool slightly. Mix in milk and eggs until thoroughly combined. Add mashed potatoes and 2 tablespoons of chopped chives and gently stir to combine.
2. In a small bowl, whisk together flour, baking powder, baking soda, salt, pepper, and garlic powder. Add the dry ingredients to wet ingredients and mix until just combined.
3. Drop batter by the 1/4 cup onto a hot waffle iron and cook until golden. Remove waffles and place on a cooling rack to cool (this will keep them from getting soggy).
4. Turn on the oven broiler. Place waffles on a baking sheet, and top them with the cheddar cheese. Place waffles under the broiler just until cheese melts. Remove from oven, sprinkle with remaining chives, and serve.

Nutrition Facts	
Serving Size (103g)	
Servings Per Container 8	
Amount Per Serving	
Calories 200	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 7g	35%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 480mg	20%
Total Carbohydrate 16g	5%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 8g	
Vitamin A 10%	• Vitamin C 6%
Calcium 15%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

