



...from our kitchen to yours

Mashed Potato Casserole

3/4 cup low fat milk
5 tbsp uncooked **Wheatena**
6 medium potatoes, peeled and cubed
1/2 cup shredded cheddar cheese
1/4 cup minced onion
1-2 tbsp Worcestershire sauce
Dash of pepper

Preheat oven to 350F. Combine milk and **Wheatena** in a small bowl; set aside. Place potatoes in a 3 quart saucepan with enough water to cover them. Cover and heat to a boil. Cook 20 to 25 minutes or until tender. Drain. Combine **Wheatena** mixture and potatoes, whip with electric mixer on low speed or mash with a potato masher. Add cheese, onion, Worcestershire sauce and pepper; continue to whip until light and fluffy. Spoon potato mixture into 2 quart casserole dish and bake 20 minutes or until heated through.

Yield 6 one cup servings.

