

Golden Potatoes

1-1/4 lb. potatoes, peeled and cut into 1 inch cubes

1/4 cup vegetable stock

1 onion, finely chopped

1 tsp. paprika

3/4 cup plain lowfat yogurt

1/2 cup mozzarella cheese, or fontina cheese, grated

Place potatoes in a steamer basket over boiling water. Cover saucepan and steam 12-15 minutes or until tender. Combine stock and onions in a heavy nonstick skillet over medium heat. Saute onions 5-6 minutes or until golden and liquid is evaporated. Remove from heat and stir in paprika.

Turn on broiler. Combine potatoes, onions, yogurt, salt and pepper to taste in a bowl. Mash thoroughly and spread evenly in a shallow baking dish. Sprinkle cheese over top and broil about 3 minutes, or until cheese just turns golden. Serve warm. Makes 4 servings. Calories .180 Fat 0.9 g .Chol 3 mg .Carbs 33g .Sodium .178 mg Fiber 2.5 g.