

## Potato Brûlée

Brûlée for dessert...why not for dinner? Freshly grated Parmesan cheese helps these creamy potatoes show off a golden colour. The hint of horseradish will keep you coming back for more.

2 heads garlic  
1 tbsp (15 mL) extra-virgin olive oil  
2 lb (1 kg) Ontario Yukon Gold potatoes  
1/2 cup (125 mL) light cream  
1/4 cup (50 mL) butter  
2 tbsp (25 mL) horseradish  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) pepper  
1 cup (250 mL) freshly grated Parmesan cheese  
Cut tops off garlic and place in piece of foil.  
Drizzle with oil. Seal foil to form packet. Place garlic in 400 F (200 C) oven 45 minutes or until garlic is soft when squeezed. Let cool.

Meanwhile, in large pot of boiling salted water, cook potatoes 20 minutes or until fork tender. Drain well and return to pot. Squeeze in roasted garlic. Using potato masher, mash potatoes until coarse. Add cream, butter, horseradish, salt and pepper; continue mashing until smooth.

Divide potato mixture among 8 ramekins. Sprinkle with cheese and place on baking sheet and brûlée under broiler 5 minutes or until golden on top.

Yogurt-Mashed Potatoes: Omit light cream and butter and use 2/3 cup (150 mL) low-fat plain yogurt.

Chicken/Vegetable-Mashed Potatoes: Omit light cream and butter and use 1/2 cup (125 mL) chicken or vegetable stock.

Tip: For ease of filling ramekins, simply scoop mashed potatoes into piping bag and fill ramekins or alternatively pipe decoratively on baking sheet before adding cheese and broiling.

Per serving: 240 calories, 7 g protein, 13 g fat, 23 g carbohydrates, 2 g fibre, 590 mg sodium, 440 mg potassium

Excellent Source of Vitamin C, Source of Calcium, Source of Folate, Source of Vitamins B1, B2 and B3

