

## Caramelized Onion Potato Mash Mounds with Herbed Goat Cheese

Create individual mashed potato mounds ready for the dinner plate or to serve at a holiday buffet table. This recipe can be made ahead and reheated when needed.

2 tbsp (25 mL) butter  
3 onions, thinly sliced  
1 clove garlic, minced  
1 tsp (5 mL) chopped fresh thyme or 1/2 tsp (2 mL) dried thyme  
2 lbs (1 kg) large white Ontario Baking Potatoes (about 5), scrubbed and cut into chunks  
1/2 cup (125 mL) warm vegetable or chicken stock  
1/2 tsp (2 mL) salt  
1/4 tsp (1 mL) pepper  
1 pkg (4 oz) herbed goat cheese



In large skillet melt butter over medium high heat and add onions, garlic and thyme. Cook, stirring for 5 minutes or until onions are beginning to turn golden brown. Reduce heat to medium and cook, stirring often for about 15 minutes or until very soft and deep brown.

In large pot of boiling salted water, cook potatoes for about 20 minutes or until fork tender. Drain well and return to pot. Add stock, salt and pepper and mash potatoes until smooth. Stir in caramelized onion mixture until combined. Using 1/2 cup (125 mL) measure, scoop out mashed potatoes into large mounds onto greased or parchment paper lined baking sheet. Using back of small spoon make an indentation in centre of potato mounds and divide goat cheese among potato mounds. Place in 400 F (200 C) oven for about 15 minutes or until cheese is melted.

To make the potatoes ahead, fill with cheese, cover with plastic wrap and refrigerate for up to 1 day. Reheat in oven for about 30 minutes or until warmed through.

Per each of 10 servings: 140 calories, 4 g protein, 5 g fat, 21 g carbohydrates, 2 g fibre, 210 mg sodium, 330 mg potassium

Source of Fibre, Source of Vitamins B1, B3 and C, Source of Folate