

Grandma Toots' New Potatoes with Button Mushrooms

Ingredients

1 pound small new red potatoes, scrubbed
2 Tablespoons butter or olive oil
1 pound fresh small button mushrooms
2 Tablespoons whole wheat flour
1 cup skim milk or soy milk
1/4 (one-quarter) cup low-fat sour cream or soy sour cream
1 teaspoon dried parsley

Method

Scrub new potatoes and cut large ones in half, so they are all about the same size. Place in saucepan and cover with cold water. Bring to boil. Lower heat and simmer until tender, about 20 minutes. Drain and set aside. Wash mushrooms quickly under cold water and dry well. In a small skillet, melt butter and cook whole mushrooms two minutes. Stir in flour and cook over medium heat for two minutes. Remove from heat and stir in milk. Return to heat, stirring until thick. Stir in sour cream and parsley. Heat only long enough to warm the sour cream. Do not let it boil. Add potatoes and toss gently until well coated. Serves eight.