The Chobani® Nutrition Center

The Chobani® Nutrition Center works together with dietitians, nutrition scientists, and other health professionals to identify and inspire simple shifts that support healthy eating patterns and improve the health of Americans wherever they live, work, play or go to school. As a nutrient-intense dairy food, Chobani® Greek Yogurt is an easy way to make your favorite recipe healthier and can serve as a source of inspiration for your next meal or snack.

We’ve teamed up with the American Heart Association® to certify several of our recipes so that you can be sure that, in addition to being delicious, they fit within a heart-healthy eating pattern. Check out this American Heart Association certified recipe:

Chobani® Mashed Potatoes
Using Chobani® Greek Yogurt is a simple shift to lighten up the traditional mashed potato recipe.

Ingredients
1 cup Non-Fat Plain Chobani® Greek Yogurt
2 cups low-fat milk
3 pounds russet potatoes, peeled and cut into large chunks
1 1/4 tsp. kosher salt
Fresh ground black pepper, to taste
Chopped chives, for garnish

Recipe
1. Cook the potatoes in boiling salted water in a medium pot until tender, 15 to 20 minutes. Drain. Return the potatoes to the pot and mash.

2. Bring the milk to a boil in medium saucepan. Turn off the heat and stir in 3/4 cup of the Chobani® Greek Yogurt. Add the mixture to the mashed potatoes and stir until creamy. Transfer the potatoes to a serving bowl, dollop with the remaining Chobani® Greek Yogurt, and garnish with the pepper and chives.

Nutrition Information: Yields 12 servings. Serving size: 3/4 cup. Nutrition Facts Per Serving: 120 Calories; <0.5g Total Fat; <0.5g Saturated Fat; 2mg Cholesterol; 230mg Sodium; 580mg Potassium; 23g Carbohydrate; 4g Sugar; 2g Dietary Fiber; 6g Protein; 100mg Calcium. For more information, visit: Chobani.com/NutritionCenter and HeartCheck.org. © 2017 Chobani, LLC