



# FIXATE RECIPES

## POTATO SOUFFLÉ

Serves: 4

GF VG

Total Time: 1 hr.

Prep Time: 20 min.

Cooking Time: 40 min.

|        |   |         |                                     |
|--------|---|---------|-------------------------------------|
| 3      | large eggs                                  | ½ tsp.  | fresh thyme (or ¼ tsp. dried thyme) |
| 2 cups | mashed potatoes                             | ½ tsp.  | sea salt (or Himalayan salt)        |
| ½ cup  | shredded Gruyère cheese (or cheddar cheese) | ¼ tsp.  | ground black pepper                 |
| ¼ cup  | half-and-half                               | 1 pinch | cream of tartar                     |
| 2 tsp. | finely chopped fresh parsley                |         |                                     |

**SPECIAL EQUIPMENT:** Nonstick cooking spray

1. Preheat oven to 375° F.
2. Lightly coat a 9 x 5-inch loaf pan with spray.
3. Separate egg yolks from egg whites; set egg whites aside. Add mashed potatoes, cheese, egg yolks, half-and-half, parsley, thyme, salt, and pepper to a large mixing bowl. Set aside.
4. Add egg whites to a large mixing bowl; beat with an electric mixer until foamy. Add cream of tartar; beat until stiff peaks form.
5. Stir ⅓ egg whites into potato mixture; gently fold in remaining egg whites, until just evenly incorporated.
6. Add mixture to prepared pan; bake for 30 to 40 minutes, or until soufflé puffs up and top is golden brown. Evenly divide into four pieces. Serve immediately.

### RECIPE NOTES:

- All soufflés will lose their loft as they cool, so serving immediately is recommended.
- Starchy potatoes like russet or Yukon gold work best for this recipe.
- You can use a nondairy milk in place of half-and-half if you desire.

### Nutritional Information (per serving):

|                |     |                |        |          |      |
|----------------|-----|----------------|--------|----------|------|
| Calories:      | 224 | Cholesterol:   | 181 mg | Fiber:   | 2 g  |
| Total Fat:     | 9 g | Sodium:        | 724 mg | Sugars:  | 2 g  |
| Saturated Fat: | 5 g | Carbohydrates: | 24 g   | Protein: | 11 g |

### Container Equivalents (per serving)

THE ULTIMATE  
PORTION  
FIX ■ ½ ■ 1 ■ 1

Recipes containing the **GF** icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the **VG** icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.