

Greek Mashed Potato Dip with Chicken Skewers

Prep time: 20 mins Cook time: 15 mins Total time: 35 mins
Serves: 40

Ingredients

- 1 bag (28 oz) Idahoan® FLAKES INSTAMASH® Mashed Potatoes Mix, prepared
- 2 cups lemon juice
- 1½ cups olive oil
- 1 cup minced garlic
- 40 portions prepared chicken skewers
- 40 cups chopped greens
- 10 cups halved cherry tomatoes
- 10 cups chopped cucumbers
- 2½ cups Greek dressing
- 1⅓ cups finely crumbled feta cheese
- 40 whole grain mini pitas

Instructions

1. Stir together mashed potatoes, lemon juice, olive oil and garlic. Divide into 40 (1/2-cup, 5½ oz) portions.
2. Cook chicken skewers according to package directions.
3. Plate chicken skewers with mashed potato dip. Serve with salad. For each salad, portion 1 cup greens, and ¼ cup each tomatoes and cucumbers. Top salad with 1 tbsp Greek dressing and about 2 tsp feta. Serve with mini pita.

Notes

Tip: Roast whole cloves of garlic in the oven, then squeeze out for roasted garlic in the dip.

Nutrition Information

Serving size: 1 chicken skewer, ½ cup dip, 1½ cups salad, 1 whole grain mini pita
Calories: 410 Fat: 19g Saturated fat: 3.5g Trans fat: 0g Carbohydrates: 49g Sugar: 5g Sodium: 850mg Fiber: 4g Protein: 23g Cholesterol: 55mg

Recipe by Idahoan® Foods - Foodservice at <https://idahoanfoodservice.com/?p=7330>