

Broccoli Potato Mash

A hearty way to add a great source of vitamin C to your meal.

Serves 6



Ingredients

- 1 pound Yukon Gold potatoes, chopped into 1 inch cubes
- 3/4 pound broccoli crowns, chopped (4 cups)
- 3/4 cup shredded fontina cheese
- 1/2 cup nonfat milk, heated
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

Nutrition Facts

Serving Size about 2/3 cup
Servings Per Container 6

Amount Per Serving

Calories 140 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 2.5g **13%**

Trans Fat 0g

Cholesterol 15mg **5%**

Sodium 240mg **10%**

Total Carbohydrate 18g **6%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 7g

Vitamin A 10% • Vitamin C 110%

Calcium 15% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Fill a large pot with potatoes and add water to cover.
2. Bring to a boil for 10 minutes.
3. Add broccoli and boil 5 minutes more.
4. Drain.
5. Pour in large bowl and mash with potato masher or fork.
6. Add remaining ingredients, stir and mix until desired consistency.

Adapted from Eating Well Sept/Oct 2007

Please note: nutritional values are approximate.

