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

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

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