



Mashed Potatoes and Rutabaga

“Root Vegetables Rock”

Yield: 6 servings

Serving Size: 1/2 cup

Ingredients:

- 1 medium rutabaga (about 1 pound), peeled and cubed
- 4 medium potatoes (about 1 pound), peeled and cubed
- 2 cups low-sodium chicken broth
- 1 teaspoon salt
- 2 teaspoons sugar
- 4 tablespoons butter or margarine
- black pepper, to taste

Directions:

In a large saucepan, cover rutabaga with water and bring to a boil, then reduce to simmer for about 15 minutes (rutabaga should be almost fork tender). Drain.

Place broth, rutabaga, potatoes, salt and sugar in a saucepan. Bring to a boil, lower heat and cook until vegetables are tender, about 20 minutes. Drain. Add butter, then mash to a smooth consistency. Sprinkle with pepper before serving.

(Each serving provides 158 calories, 71 calories from fat, 7.9 grams fat, 4.9 grams saturated fat, 20 mg cholesterol, 485 mg sodium, 3.7 grams fiber, 6.5 grams sugar, 2.9 grams protein)

Source: <http://easterneuropeanfood.about.com/od/polishvegetables/r/rutabaga.htm>