

## Mashed Vegetables

Preparation time **5 minutes**

Cooking time **30 minutes**

Servings **7**

Cost per serving **22¢**

Storage **3 days in the fridge.  
Can be frozen.**

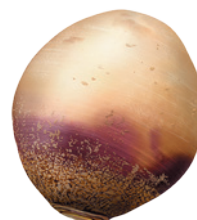
Kitchen tools **Cutting board, vegetable peeler, sharp knife, large pot, colander, measuring cups and spoons, potato masher**



## Ingredients



2 Russet **potatoes**, peeled and diced into large chunks (about 750 ml / 3 cups)



1 medium size **rutabaga**, peeled and diced into large chunks (about 750 ml / 3 cups)

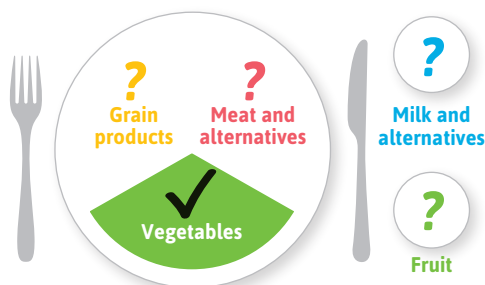


60 ml (¼ cup)  
**milk**



**Salt and pepper**  
to taste

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### Balanced plate

✓ One serving of these mashed vegetables is a tasty way to add vegetables to a meat-based meal. Serve a grain product during the meal (bread, for example) or for dessert (cookies, for example) and a glass of milk or fortified soy beverage.

# Directions

- 1 Place the **rutabaga** and **potatoes** in a large pot of **salted water** and bring to a boil. Cook until tender (about 30 minutes, depending on the size of the pieces)

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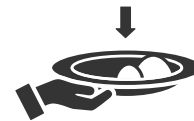
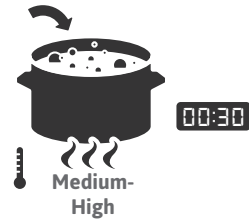
- 2 Drain **vegetables** and return to the pot.

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- 3 Add the **milk** and mash to desired consistency.

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- 4 Add **salt** and **pepper** and serve as a side dish.



My rating: ★ ★ ★

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This original recipe was developed by Extenso - The Université de Montréal reference centre on human nutrition