



Cheesy Broccoli-Potato Mash

Makes 6 servings

Ingredients

1 pound Yukon Gold potatoes, cut into wedges
3/4 pound broccoli crowns, chopped (4 cups)
3/4 cup shredded fontina cheese

1/2 cup fat-free milk, heated
1/2 teaspoon salt
Freshly ground pepper, to taste

Instructions

Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam for 10 minutes. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more.

Transfer the broccoli to a large bowl and coarsely mash with a potato masher. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.

Nutrition Facts

1 Serving; Calories 185; Total Fat 5 g; Saturated Fat 3 g; Sodium 372 mg; Carbohydrates 27 g; Protein 9g; Fiber 5 g; Calcium 161 mg

Recipe Courtesy of www.healthyeating.org

