

# Rutabaga Mash

**Servings:** ~10

## Ingredients:

- 2 lb. *yellow yukon potatoes or red skin potatoes*
- 1 large or 2-3 medium *rutabagas*
- 3 *cloves garlic*
- 3 Tbsp *olive oil*
- 1/3 cup *plain, nonfat yogurt*
- 1 tsp *salt*
- 1/2 tsp *black pepper*
- 1/4 cup *sharp cheddar cheese, shredded*
- 1/4 cup *parsley, chopped*



## Directions:

1. Preheat oven to 400° F.
2. Clean potatoes and rutabagas under cold water. Peel the rutabagas, but leave the skin on the potatoes. Chop potatoes and rutabagas into chunks about 1" thick.
3. Add 2 Tbsp olive oil to a 13 x 9 inch baking dish. Add potatoes, rutabagas and whole cloves of garlic. Toss to coat with oil. Cover with aluminum foil and bake until tender when poked with a fork (about 40-50 minutes).
4. Remove from oven. Transfer roasted potatoes and rutabagas to a large bowl. Add yogurt, cheddar cheese, salt and pepper.
5. Mash vigorously with a potato masher. If desired, add parsley prior to serving.

## Nutrition:

 (Serving size: about 1/2 cup)

<i>calories:</i> 141	<i>protein:</i> 3.5g	<i>total carbohydrate:</i> 20.6g	<i>total fat:</i> 5.3g
<i>sugars:</i> 3.7g	<i>sodium:</i> 2.73mg	<i>dietary fiber:</i> 2.6g	<i>saturated fat:</i> 1.2g