Mashed Rutabagas

Makes 4 Servings

Ingredients

- ☐ 4 cups rutabaga, peeled and chopped
- 2 cups potatoes, peeled and chopped
- ☐ 4 cups water
- ☐ 1/2 cup low-fat milk
- ☐ 2 teaspoons oil
- ☐ 1/2 teaspoon garlic powder
- ☐ 1/4 teaspoon black pepper
- \Box 1/8 teaspoon salt

Directions

- 1. Add chopped vegetables and water to a large pot with a lid. Bring to a boil over medium-high heat.
- 2. When the water boils, reduce heat to medium-low and cover with lid. Simmer for 20-25 minutes.
- 3. Drain boiled vegetables.
- 4. Add drained vegetables back to the pot.
- 5. Add milk, oil, garlic powder, pepper and salt to a microwave-safe container. Stir to mix. Microwave for 1 minute.
- Add warm milk to the boiled vegetables. Mash with a fork or potato masher.

Recipe from:











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