



Rustic Rutabaga Smashed Potatoes

Prep: 15 minutes • Cook: 30 minutes • Serves: 8

- 1½ pounds Yukon Gold potatoes, unpeeled and cut into ¾-inch pieces
- 3 garlic cloves, coarsely chopped
- 1 small rutabaga (about 1 pound), peeled and cut into ½-inch pieces
- ¾ cup low fat buttermilk
- ¼ cup chopped green onions
- ¼ teaspoon salt
- ⅛ teaspoon ground black pepper

1. In large saucepot, add potatoes, garlic and rutabaga; cover with water and heat to boiling over high heat. Reduce heat to medium-high and simmer 20 to 30 minutes or until tender.

2. In colander, drain cooked vegetables and return to saucepot. Add remaining ingredients; with potato masher, mash to slightly chunky consistency.

Approximate nutritional values per serving: 205 Calories, 1g Fat (4% of total calories), 0g Saturated Fat, (0% of total calories), 2mg Cholesterol, 151mg Sodium, 43g Carbohydrates, 5g Fiber, 7g Protein

*Dietary Exchanges:
3 Starch; 1 Protein*