

# Browned Butter Smashed Potatoes with Butternut Squash

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**Servings: 4**

**Preparation Time: 25 minutes**

**Start to Finish Time: 40 minutes**

**Cook time: 15 minutes**

**1 pound (3 medium) yellow-flesh potatoes, cut into 3/4-inch chunks**

**1 small (1 pound) butternut squash, peeled, seeded and cut into 1-inch chunks**

**salt**

**3 tablespoons butter, divided**

**8 - 10 fresh sage leaves (2 to 3-inch) stacked and cut across into 1/4-inch strips**

**1/2 cup 1% milk (approximate)**

**freshly ground black pepper (to taste)**

In a three-quart saucepan, cover the potatoes and the squash with water. Add one teaspoon of salt. Bring to a boil over high heat. Reduce the heat. Cover and cook until tender, 12 to 15 minutes.

Meanwhile, add two tablespoons of the butter and the sage to a small skillet or saucepan over medium heat. Tilting the pan and watching closely, cook about 3 minutes, until the butter foams and begins to brown. Keep warm.

Thoroughly drain the potatoes and squash. Return to the pan and shake 1 to 2 minutes over low heat.

Roughly mash with a hand masher leaving the mixture chunky.

Over low heat, gently mix in the remaining tablespoon of butter and enough milk for the consistency desired.

Season with salt and pepper.

Spoon into a serving bowl and drizzle with the brown butter and sage.

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Per Serving (excluding unknown items): 268 Calories; 9g Fat (27.3% calories from fat); 4g Protein; 50g Carbohydrate; 7g Dietary Fiber; 23mg Cholesterol; 105mg Sodium. Exchanges: 3 Grain(Starch); 1 1/2 Fat.