

Butternut Squash & Potato Mash

*Jasmine Rose - Crystal Lake, IL
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Servings: 10

*8 cups (about 4 pounds) butternut squash, peeled and cubed
4 cups (about 4 medium), peeled and cubed
16 cloves garlic, peeled
2 tablespoons sesame seeds
1 teaspoon ground cumin
1 cup (4 ounce) Colby-Monterey Jack cheese, shredded
2 tablespoons butter
1 1/2 teaspoons salt
1/2 teaspoon pepper*

Preparation Time: 15 minutes

Cook Time: 20 minutes

Place the butternut squash, potatoes and garlic in a Dutch oven. Add water to cover. Bring to a boil. Reduce the heat and cook, uncovered, for 10 to 15 minutes or until tender.

Meanwhile, in a dry small skillet, toast the sesame seeds and the ground cumin over medium-low heat for 3 to 4 minutes or until aromatic, stirring frequently. Remove the toasted mixture from the heat.

Drain the squash mixture. Mash the vegetables, adding the cheese, butter, salt and pepper. Sprinkle with the sesame seed mixture.

Per Serving (excluding unknown items): 652 Calories; 5g Fat (5.6% calories from fat); 14g Protein; 161g Carbohydrate; 24g Dietary Fiber; 6mg Cholesterol; 399mg Sodium. Exchanges: 9 1/2 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Fat.

Side Dishes

Per Serving Nutritional Analysis

Calories (kcal):	652	Vitamin B6 (mg):	2.2mg
% Calories from Fat:	5.6%	Vitamin B12 (mcg):	trace
% Calories from Carbohydrates:	86.7%	Thiamin B1 (mg):	1.4mg
% Calories from Protein:	7.7%	Riboflavin B2 (mg):	.3mg
Total Fat (g):	5g	Folacin (mcg):	366mcg
Saturated Fat (g):	2g	Niacin (mg):	16mg
Monounsaturated Fat (g):	1g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	0

Cholesterol (mg):	6mg
Carbohydrate (g):	161g
Dietary Fiber (g):	24g
Protein (g):	14g
Sodium (mg):	399mg
Potassium (mg):	4828mg
Calcium (mg):	685mg
Iron (mg):	10mg
Zinc (mg):	2mg
Vitamin C (mg):	288mg
Vitamin A (i.u.):	106326IU
Vitamin A (r.e.):	10645 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	9 1/2
Lean Meat:	0
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving

Calories 652 Calories from Fat: 36

% Daily Values*

Total Fat 5g	7%
Saturated Fat 2g	9%
Cholesterol 6mg	2%
Sodium 399mg	17%
Total Carbohydrates 161g	54%
Dietary Fiber 24g	94%
Protein 14g	

Vitamin A	2127%
Vitamin C	479%
Calcium	69%
Iron	56%

* Percent Daily Values are based on a 2000 calorie diet.