

## **Potato and Rutabaga Mash**

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**Servings: 8**

**1 medium (1 pound) rutabaga, turnip or celery root**

**1 1/2 pounds Yukon Gold potatoes, peeled**

**1 cup 2% milk**

**2 tablespoons butter**

**1 teaspoon salt**

**1 teaspoon freshly ground black pepper**

**1 cup Parmigiano Reggiano cheese, grated**

In a large saucepan, combine the rutabaga with water to cover it. Bring to a boil and cook for 8 minutes.

Add the potatoes and cook about 20 minutes, until tender.

Drain and place in a large mixing bowl.

In a large saucepan, heat the milk, butter, salt and pepper.

Add the potatoes and rutabaga and mash with a potato masher.

Add the cheese and stir well.

Serve immediately.

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Per Serving (excluding unknown items): 111 Calories; 3g Fat (28.3% calories from fat); 3g Protein; 17g Carbohydrate; 1g Dietary Fiber; 10mg Cholesterol; 316mg Sodium. Exchanges: 0 Grain(Starch); 0 Non-Fat Milk; 1/2 Fat.