



## Rutabaga and Red-Skinned Potato Mash

Makes 4 cups

- 2 cups rutabagas, peeled and diced
- 2 cups red skinned potatoes, diced (not peeled)
- 2 tablespoons plain yogurt
- 4-6 cloves roasted garlic, mashed well  
(see instructions below)
- 1-2 teaspoons olive oil from pan-roasted garlic  
(optional)
- Salt and pepper

### Directions

Steam rutabagas and potatoes until very tender. The rutabagas take longer to cook than the potatoes, so you might steam them in separate containers, or start the rutabagas and add the potatoes to the pot after about 15 minutes. You can also cut the rutabagas into smaller pieces than the potatoes, and place them all in the pot at the same time.

Once cooked, place the rutabagas and potatoes in a large bowl and mash with a fork or potato masher. Add the remaining ingredients and blend.

To pan-roast garlic:

Peel 1-3 heads of garlic cloves. Place in a skillet and fill the skillet with enough olive oil to cover the cloves of garlic. Place on medium heat and bring to a slow simmer. Cook for 30 minutes, or enough time to soften and brown the garlic cloves. Remove the cloves from the oil and store both the cloves and the oil in the refrigerator. The oil will have a nice garlic flavor and can be used in many dishes, including the rutabaga and potato mash.

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### NUTRITION INFORMATION PER 1 CUP SERVING:

Calories	112
Total Fat	2 g
Saturated Fat	<1 g
Sodium	22 mg
Total Carbohydrate	22 g
Fiber	4 g
Protein	2 g
Potassium	450 mg

Also a great source of calcium,  
Vitamin C, folate, and healthy  
phytochemicals

Cost per serving: \$1.20