

Holiday Roasted Turnip & Potato Mash

Traditional homemade mashed potatoes are jazzed-up by roasting them with garlic and the addition of turnips. The result is tasty mash that's lower in carbs yet still full of flavor. Season with fresh thyme.

Prep Time: 10 Min **Cook:** 40 Min
Servings 12 (1/2 c. ea.)

Ingredients:

- 10 Red potatoes (medium in size), Quartered, skin on
- 2 Turnips, peeled and cubed
- 2 Tablespoons Olive Oil
- 2 teaspoons minced fresh garlic
- Salt & Pepper – sprinkle lightly
- ½ Cup low fat milk, warmed
- 2 Tablespoons butter, melted
- ½ t. fresh thyme leaves (or rosemary), fine chop

Instructions

Preheat the oven to 350°.

- Place the Potatoes and turnips on a baking sheet in a single layer and drizzle with olive oil and season with salt and pepper. Roast the vegetables for 20 minutes. Then remove the pan from the oven, stir the veggies and continue roasting for 15- 20 minutes longer. The potatoes and turnips will be tender and lightly golden brown when finished. Test with a fork so they are tender. Do not over bake.
- Transfer to a bowl. Add the milk, melted butter and thyme and mash using a hand-held potato masher (for a lumpier mash) or use a stand mixer fitted with the paddle attachment and blend on medium speed until creamy, but so you still have some chunks. Taste the mash and season with additional salt and pepper to taste, if necessary. Serve and enjoy!

Turnips help cut carbs: Boiled potatoes 6 oz. (approx. 1 c.) have 147 Cal., 34 g Carbs.
Turnips, boiled 6 oz. contain only 37 Calories, 9g Carbs.

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Photo: Katie Schmidt

Per ½ c. Serving:

Nutrition Facts	
servings per container	
Serving size	(171g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 135mg	6%
Total Carbohydrate 24g	9%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 666mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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