

Mashed Parsnips and Potatoes

A twist on a classic comfort food, this combination of parsnips and potatoes is sure to hit the spot. This dish can be made with substitutions: like using yogurt instead of milk. Enjoy it your way!

Makes: 6 servings

Source:
<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/mashed-parsnips-and-potatoes>



Small Changes,
BIG Difference!

Ingredientes

- 2 cups parsnips (medium size)
- 3 medium potatoes (1 pound)
- 1/2 cup low-fat milk
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/2 teaspoon garlic powder
- 1 tablespoon butter

Directions

1. Wash hands with soap and water.
2. Scrub parsnips and potatoes under running water and peel.
3. Cut into similar size pieces.
4. In a medium saucepan, cover the vegetables pieces with cold water. Bring the water to a boil and simmer until vegetables are soft, 15 to 20 minutes.
5. Drain the vegetables and mash. Stir in milk, salt, pepper, garlic powder and margarine. Serve hot.
6. Refrigerate leftovers within 2 hours.



Nutrition Information

Serving size : 1/2 cup

Nutrients	Amount
Calories:	142
Total Fat:	2 g
Saturated Fat:	1 g
Cholesterol:	6 mg
Sodium:	229 mg
Total carbohydrates:	28 g
Dietary Fiber:	5 g
Total Sugar:	4 g
Added Sugars:	0 g
Protein:	3 g
Vitamin D	0 mcg
Calcium	55 mg
Iron	1 mg
Potassium	650 mg

Utensils Needed

- Knife
- Cutting board
- Medium saucepan
- Fork

SHOPPING LIST

Average total cost without oil and seasonings: \$ 5.51

Cost per serving: \$ 0.92

Recipe makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add to cart
Parsnips



Add to cart
Yukon Gold Potatoes



Add to cart
Low-fat milk

SAVE TIME, SAVE MONEY

Cooking Notes