

Rutabaga Mashed Potatoes

Makes: about 16, ½ cup servings



Total Time: 35 minutes

Ingredients:

- 1 medium rutabaga (3/4 – 1lb.), peeled like a potato
- 6 medium Russet potatoes, scrubbed, not peeled
- 4 Tbsp. Earth Balance Vegan Buttery Sticks (Natures Marketplace)
- Sea salt and freshly ground black pepper

PREPARATION

1. Dice rutabaga and potatoes into ½ inch cubes. Put in large stockpot; cover with water. Add pinch of salt. Bring to boil on high. Reduce heat to achieve low boil. Cook about 15-20 min., until veggies are very soft. Drain thoroughly, reserving about ½ cup of cooking water in case it's needed at mashing time.
2. Return potatoes and rutabaga cubes to stockpot. Add buttery sticks, salt and pepper. Mash thoroughly with a potato masher or pastry blender, or an electric mixer (but they will be very smooth).

Nutrition: 100 calories; 4g fat (2g sat fat); 0mg cholesterol; 15g carbohydrates; 2g protein; 2g fiber; 55mg sodium