

Go Green this Saint Patrick's Day!

Cheesy Broccoli-Potato Mash

Ingredients:

- 1 pound Yukon Gold potatoes, cut into wedges
- 3/4 pound broccoli crowns, chopped (4 cups)
- 3/4 cup shredded cheese
- 1/2 cup nonfat milk, heated
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

Directions:

1. Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam for 10 minutes.
2. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more.
3. Transfer the broccoli to a large bowl and coarsely mash with a potato masher.
4. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately. Makes approximately 6 servings, serving size is 2/3 cup.



Vegetables that are green in color, such as the broccoli found in this recipe, are high in nutrients vitamin C, fiber, and even contain anti-cancer fighting properties!

