

Mashed Sweet Potatoes and Turnips

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=10775&news_iv_ctrl=1128

Ingredients

- 1 medium sweet potato (about 3/4 pound), peeled and cut into 2-inch pieces
- 1 medium turnip, peeled and cut into 2-inch pieces
- 1 Tbsp. canola oil
- 1/2 cup diced onion
- 1/4 cup finely diced Italian parsley
- Salt and freshly ground black pepper, to taste
- 1/4 cup shredded reduced fat Swiss or Gruyère cheese

Instructions

1. In large pot, place steamer filled with potatoes and turnips. Add 2 cups water, cover and bring to boil. Steam until tender, about 15 minutes.
2. Meanwhile, in small skillet, sauté onion and parsley over medium heat in oil for 5 minutes.
3. In large bowl, place tender potatoes and turnips and mash with large fork. Stir in onion, parsley and oil from pan. Season mixture to taste with salt and pepper.
4. Lightly coat baking dish with oil spray and add potato mixture, pressing down evenly. Top with cheese and broil for 2-3 minutes or until cheese is bubbly and lightly browned.

Makes 4 servings

Nutrition information per serving

Calories: 121	Dietary Fiber: 3g
Total Fat: 4g	Sodium: 65mg
Saturated Fat: >1g	Protein: 4g
Carbohydrates: 18g	

