



*Simple,
Seasonal,
Sustainable*

Recipe of the Week **Mashed Potatoes & Turnips with Greens**

Ingredients:

- 3 medium russet potatoes, (2 pounds), peeled and cut into 1-inch pieces
- 3-4 medium turnips, (1 pound), peeled and cut into 1-inch pieces
- 1 sprig fresh thyme, or 1/4 teaspoon dried
- 4 teaspoons extra-virgin olive oil, divided
- 1/2 cup freshly grated Parmesan cheese
- 1/2 teaspoon salt, or to taste
- Freshly ground pepper, to taste
- 2 large onions, cut in half and sliced about 1/4 inch thick
- 1 bunch broccoli rabe, (1 pound), stems trimmed, cut into 1-inch pieces

Directions:

1. Place potatoes, turnips and thyme in a large pot. Cover with lightly salted water and bring to a boil. Cook, uncovered, over medium-high heat, until the vegetables are tender, 20 to 25 minutes. Drain, reserving the cooking liquid. Place the potatoes and turnips in a large bowl; discard thyme sprig, if using. Mash with a potato masher, adding a little cooking water, if needed, to achieve the desired consistency. Stir in 2 teaspoons oil and cheese. Season with salt and pepper. To keep warm, set the bowl over simmering water and cover with parchment paper or foil.
2. Meanwhile, heat the remaining 2 teaspoons oil in a large cast-iron or nonstick skillet over medium-high heat. Add onions and cook, stirring often, until golden and very tender, 10 to 15 minutes. Remove from heat.
3. Bring a large pot of lightly salted water to a boil. Add broccoli rabe and cook until tender, 5 to 8 minutes. Drain and add to the onions; toss to mix.
4. To serve, mound the mashed vegetables in a bowl or onto individual plates and top with the onions and broccoli rabe.



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Serves 10

Nutrition: 144 calories, 3 g fat, 1 g saturated fat, 24 g carbohydrate, 3 g fiber, 6 g protein, 227 mg sodium

Source: Million Hearts