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.

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