



## Root Vegetable Mash

**Prep: 20 minutes • Cook: 20 minutes • Serves: 8**

- 4 garlic cloves, peeled
- 8 cups peeled and coarsely chopped root vegetables such as carrots, celery root, parsnips and/or turnips
- 6 tablespoons unsalted butter
- ½ cup heavy cream
- 1 teaspoon salt
- ½ teaspoon ground white pepper
- ¼ teaspoon ground nutmeg
- 4 green onions, chopped (about ⅓ cup)

**1.** In medium saucepot, add garlic, vegetables and enough salted water to cover; heat to boiling over high heat. Reduce heat to medium; cover and simmer 20 to 22 minutes or until vegetables are very tender.

**2.** Drain vegetables. In same saucepot, heat butter, cream, salt, pepper and nutmeg to simmering over medium heat; return vegetables to saucepot. With potato masher, mash vegetables until slightly chunky. Heat through over medium heat, stirring occasionally. Serve topped with green onions. Makes about 6 cups.

*Approximate nutritional values per serving:*

*195 Calories, 14g Fat (9g Saturated), 43mg Cholesterol,  
384mg Sodium, 16g Carbohydrates, 4g Fiber, 2g Protein*