

MASHED POTATOES WITH BUTTERNUT SQUASH

SERVES 8

Preparation time: 20 minutes

Cook time: 20 minutes

INGREDIENTS

- 1 pound (3 medium) potatoes, cut into 3/4-inch chunks
- 1 small butternut squash, peeled, seeded, and cut into 1-inch chunks (approximately 4 cups)
- 1 teaspoon salt
- 3 tablespoons butter or margarine, divided
- 1/2 cup skim milk
- Salt and pepper to taste

DIRECTIONS

1. In a large saucepan over high heat, add potatoes, squash, and water. Add salt.
2. Bring water to boil then reduce heat to medium. Cover and cook until potatoes and squash are tender, about 12-15 minutes.
3. In small fry pan, heat 2 tablespoons butter, tilting pan. Cook until butter foams and begins to brown, about 3 minutes. Remove from heat and keep warm for use in step #7.
4. Once potatoes and squash are cooked, remove from heat and thoroughly drain water off. Reduce heat to low, return potatoes and squash to pan, shaking pan over burner 1-2 minutes.
5. Remove from heat. Roughly mash with hand masher, leaving texture chunky.
6. Gently mix in 1 tablespoon butter and enough milk for desired consistency. Season with salt and pepper to taste.
7. Spoon into large serving bowl and drizzle with melted butter.

NUTRITIONAL INFO per Serving: Calories: 124; Total Fat: 4g; Polyunsaturated Fat: 0g; Monounsaturated Fat: 1g; Saturated Fat: 3g; Trans Fat: 0g; Cholesterol: 12mg; Sodium: 341mg; Potassium: 457mg; Carbohydrate: 20g; Fiber: 2g; Sugars: 3g; Protein: 2g; Vitamin D: <1µg (2%); Calcium: 58mg (6%); Vitamin A: 793RE (152%); Vitamin C: 18mg (31%); Iron: 1mg (4%)



TIPS & VARIATIONS

- **USE RUTABAGA** in place of squash.
- **USE LESS BUTTER OR MARGARINE** to reduce fat content.
- **USE LESS SALT** to reduce sodium content.
- **VARIATION:** bake whole squash and add to mashed potatoes.

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