

# Mashed Potatoes and Parsnips



**Prep:** 15 minutes

**Cook:** 25 minutes

**Yields:** 6–8 servings

## INGREDIENTS

1/2 lb. of parsnips  
1 lb. of potatoes  
1/2 cup of plain yogurt or milk  
Salt and pepper to taste  
1/2 tsp. of garlic powder  
1 tbsp. of margarine or butter  
Green onion or chives

## DIRECTIONS

1. Scrub whole parsnips and potatoes gently with clean hands under running water. Peel if desired.
2. Cut the potatoes and parsnips into cubes.
3. In a medium saucepan, cover the cubed potatoes and parsnips with cold water. Bring the water to a boil and then simmer until the root vegetables are soft (15 to 20 minutes).
4. Turn off the heat and drain the parsnips and potatoes.
5. Mash the root vegetables with a wooden or plastic utensil to desired consistency. Stir in yogurt or milk, salt, pepper, garlic powder, and margarine or butter.
6. Serve hot and top with chopped green onion or chives.



## CHEF'S NOTES

*You can substitute sour cream or buttermilk for the milk or yogurt in these mashed potatoes and parsnips. Try adding other seasonings, such as parsley, thyme, or nutmeg.*