

Mashed Potatoes and Broccoli



Ingredients:

- 1 pound Yukon Gold potatoes, diced
- 3 cups broccoli crowns, chopped
- 1/2 cup skim milk
- 1/2 cup reduced-fat cheddar cheese
- 1/2 teaspoon salt
- Pepper to taste

Instructions:

1. In a large pot, bring 1 inch of water to a boil. Place potatoes and broccoli into a steaming basket and cook for 10 minutes, or until soft.
2. Mash the broccoli and potatoes with a fork or a potato masher.
3. Add the milk, cheese, and salt and stir to combine.
4. Season with pepper, to taste.

Makes six servings.



Tarrant County Public Health
<http://health.tarrantcounty.com>