

Cheesy Broccoli-Potato Mash

6 servings, 2/3 cup each | **Active Time:** 30 minutes | **Total Time:** 30 minutes

Ingredients

- 1 pound Yukon Gold potatoes, cut into wedges
- 3/4 pound broccoli crowns, chopped (4 cups)
- 3/4 cup shredded fontina cheese
- 1/2 cup nonfat milk, heated
- 1/2 teaspoon salt
- Freshly ground pepper, to taste



Preparation

1. Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam for 10 minutes. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more. Transfer the broccoli to a large bowl and coarsely mash with a potato masher. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.

Nutrition

Per serving : 135 Calories; 4 g Fat; 3 g Sat; 1 g Mono; 16 mg Cholesterol; 17 g Carbohydrates; 7 g Protein; 2 g Fiber; 329 mg Sodium; 201 mg Potassium