

Mashed Turnips and Sweet Potatoes

- 1 medium turnip, peeled and cut into 2-inch pieces
- 1 medium sweet potatoes (about 3/4 pound), peeled and cut into 2-inch pieces
- 1 tablespoon canola oil
- 1/2 cup diced onion
- 1/4 cup finely chopped Italian parsley
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup shredded Swiss cheese



1. Spray a 1-quart casserole with nonstick spray.
2. Put steamer insert into a large pot, fill with potatoes and turnips. Add 2 cups water, cover and bring to boil. Steam until tender, about 15 minutes.
3. Meanwhile, in small skillet, sauté onion and parsley over medium heat in oil for 5 minutes.
4. In large bowl, place tender turnips and potatoes and mash. Stir in onion, parsley and oil from pan. Season with salt and pepper.
5. Preheat broiler. Add potato mixture to prepared casserole dish, pressing down evenly. Top with cheese and broil for 2 to 3 minutes until cheese is bubbly and lightly browned.

Serves 4.

Nutrition Facts		
Servings per recipe: 4		
Calories 143	Calories from fat 54	
	% Daily Value	
Total Fat 6g		9%
Saturated Fat 2g		8%
Cholesterol 6mg		2%
Sodium 193mg		8%
Carbohydrate 20g		7%
Dietary Fiber 3g		13%
Protein 4g		8%
Vitamin A: 251%	Vitamin C: 50%	Folacin: 6%
Calcium: 11%	Iron: 5%	Potassium: 8%

Modified from original source: American Institute for Cancer Research at <http://www.aicr.org>
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