MASHED POTATOES WITH BUTTERNUT SQUASH

SERVES 4

Preparation time: 20 minutes
Cook time: 20 minutes

INGREDIENTS

1 pound (3 medium) yellow-flesh potatoes, cut into ¾-inch chunks
1 small butternut squash, peeled, seeded, and cut into 1-inch chunks
1 teaspoon salt
3 tablespoons margarine or butter, divided
½ cup skim milk
Freshly ground black pepper to taste

DIRECTIONS

1. In a 3-quart 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.
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 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.

TIPS & VARIATIONS

- USE RUTABAGA in place of squash.
- USE LESS BUTTER OR MARGARINE to reduce fat content.

SIMPLY GOOD EATING

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