

Root Vegetable Mash

Ingredients (Serves 8)

- 4 pounds of assorted root vegetables (parsnip, celeriac, turnip, rutabaga, potatoes)
- Olive oil
- Salt
- Pepper
- Pinch cayenne



Root Vegetable Mash

Ingredients (Serves 8)

- 4 pounds of assorted root vegetables (parsnip, celeriac, turnip, rutabaga, potatoes)
- Olive oil
- Salt
- Pepper
- Pinch cayenne

Lifestyle Medicine
TrinityHealthMi.org/THAALifestyleMedicine
Trinity Health

Root Vegetable Mash

Directions

- Wash and peel the root vegetables and chop into even, 1" pieces.
- Bring a large pot of salted water to a boil.
- Once water is boiling, add the root vegetable pieces and boil until they are soft 20 – 30 minutes.
- Reserve 2 cups of the cooking liquid and strain the root vegetables from the remainder.
- Return the strained vegetables to the pot, add olive oil and mash with a fork, potato masher or immersion blender until the desired consistency.
- If the mixture is dry and thick, add some of the reserved liquid, ¼ cup at a time, until the mixture is the consistency you are looking for.
- Taste the mixture and add salt, pepper, and cayenne pepper as desired.

Culinary Tip: Rutabaga often comes coated in food grade wax. Be sure to remove this wax, and the underlying peel, with a vegetable peeler before using.

Nutrition Tip: Root vegetables, like rutabaga and turnip, are high in vitamin C. Parsnips, another delicious root vegetables are a great source of fiber.



Root Vegetable Mash

Directions

- Wash and peel the root vegetables and chop into even, 1" pieces.
- Bring a large pot of salted water to a boil.
- Once water is boiling, add the root vegetable pieces and boil until they are soft 20 – 30 minutes.
- Reserve 2 cups of the cooking liquid and strain the root vegetables from the remainder.
- Return the strained vegetables to the pot, add olive oil and mash with a fork, potato masher or immersion blender until the desired consistency.
- If the mixture is dry and thick, add some of the reserved liquid, ¼ cup at a time, until the mixture is the consistency you are looking for.
- Taste the mixture and add salt, pepper, and cayenne pepper as desired.

Culinary Tip: Rutabaga often comes coated in food grade wax. Be sure to remove this wax, and the underlying peel, with a vegetable peeler before using.

Nutrition Tip: Root vegetables, like rutabaga and turnip, are high in vitamin C. Parsnips, another delicious root vegetables are a great source of fiber.

Lifestyle Medicine • TrinityHealthMi.org/THAALifestyleMedicine

