DIRECTIONS
1. Fill large saucepan with 1 inch of water and fit with a steamer basket. Bring the water to boil.
2. Add broccoli and potatoes to basket and cover. Steam until very tender, 10 to 12 minutes.
3. Drain vegetables well and return them to pot. Add yogurt, butter, salt, and pepper and mash to desired consistency.

INGREDIENTS
- ½ bunch broccoli, finely chopped (3 cups)
- 1 pound Yukon gold potatoes
- ¼ cup low-fat plain yogurt
- 4 Tablespoons unsalted butter
- ½ teaspoon of salt
- ¼ teaspoon of black pepper

MASHED POTATOES AND BROCCOLI
Serves 4, 1 cup per serving
Prep time: 15 minutes • Cook time: 10 minutes

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