



SIDE DISH

# MASHED POTATOES AND BROCCOLI



CARE AND SHARE™  
FOOD BANK FOR SOUTHERN COLORADO

Serves 4 , 1 cup per serving

Prep time: 15 minutes ▪ Cook time: 10 minutes

## 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

## 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.

## Nutrition Facts

4 servings per container

Serving size **1 cup**

Amount Per Serving

**Calories 240**

% Daily Value\*

**Total Fat** 14g **18%**

Saturated Fat 9g **45%**

Trans Fat 0g

**Cholesterol** 40mg **13%**

**Sodium** 270mg **12%**

**Total Carbohydrate** 25g **9%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

**Protein** 4g **8%**

Not a significant source of vitamin D, calcium, iron, and potassium

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

RECIPE BY:

Dawn Perry, Real Simple Magazine