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# Greek Yogurt and Parsnip Mashed Potatoes

Prep time: 50 minutes

Servings: 8

*In a move that would earn props from any personal trainer, fiberful parsnips added to traditional mashed potatoes deliver a righteous 10 grams of fiber per serving. Green Valley lactose-free Greek yogurt adds creaminess, a delightful tang and a beneficial probiotic boost. Try our tempting add-ons to take this showstopper over the top.*

Shared by Green Valley Creamery

## Ingredients

- 4 lbs. Yukon gold potatoes, peeled and cubed
- 2 lbs. parsnips, peeled and chopped
- 3 sprigs fresh rosemary
- 3 cloves garlic, peeled
- 3 Tbsp. Green Valley Creamery Lactose-Free Butter
- 1 cup Green Valley Creamery Lactose-Free Greek Yogurt
- Salt and fresh ground black pepper
- 2 Tbsp. extra virgin olive oil

### **Marvelous Mix-Ins and Toppers (choose one or more)**

- 1/4 cup fresh minced chives
- 1/4 cup chopped parsley mixed with 1 Tbs. lemon zest
- 1/3 cup walnuts sautéed in olive oil, salt and black pepper
- 1/2 cup crispy shallots

4 strips crisp apple wood-smoked bacon, thinly sliced

1 cup thinly sliced greens (kale, spinach, chard) sautéed with garlic

2/3 cup chopped roasted red peppers, green olives and capers

## Instructions

1. Place potatoes and parsnips in a large pot, cover with cold water and add rosemary, garlic and a generous teaspoon of salt.
2. Bring to a boil and simmer until the potatoes and parsnips are tender, about 25 to 30 minutes.
3. Drain the vegetables, discard rosemary and place vegetables back in the pot and cook over medium heat 1 to 2 minutes to remove any excess moisture.
4. Remove from heat and mash with a potato masher or pastry blender. For an extra smooth mash, press through a potato ricer or food mill.
5. Stir in the buttery spread until it melts, then stir in the yogurt. Season with salt and pepper to taste.
6. Garnish with a drizzle of olive oil and more black pepper.

PER SERVING: 330 Cal; 8g Protein; 6g Total Fat 2g Saturated Fat; 57g Carbs; 3mg Cholesterol; 69mg. Sodium; 10g Fiber; 9g Sugar