



# potato broccoli smash

*Cheesy mashed potatoes.*

PREP TIME : 10 mins | COOK TIME : 5 mins | SERVINGS : 2

## WHAT YOU NEED:



4 cups  
potatoes, grated



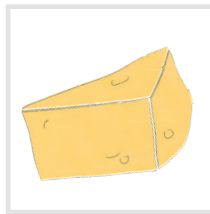
2 cups chopped  
broccoli



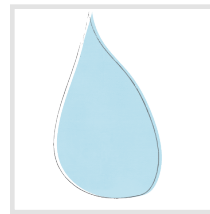
1/2 cup nonfat or  
lowfat milk



3/4 teaspoon salt



1/2 cup shredded  
sharp cheddar or  
Jack cheese



1/4 cup  
water

## INSTRUCTIONS

- 1 Combine potatoes and broccoli in a medium microwave safe bowl. Stir in 1/4 cup water.
  - 2 Cover with paper towel and microwave for 5 minutes on high.
  - 3 Add milk and salt to potato mixture. Smash with potato masher or fork.
  - 4 Stir in cheese and serve hot.
- \* Try other vegetables such as carrots, spinach or cauliflower instead of broccoli.

**SPROUTING INTEREST**