



Garlic Mashed Potatoes and Turnips

Serves 6 (about $\frac{3}{4}$ cup each)

1 lb. russet potatoes, peeled and diced

1 lb. turnips, peeled and diced

4 cloves garlic, peeled and sliced

2 Tbsp. butter

2 Tbsp. light sour cream

2 – 4 Tbsp. milk

salt and pepper

Combine the first 3 ingredients in a medium saucepan; cover with water and bring to a boil. Reduce heat, cover and simmer 20 minutes or until very tender. Drain well and return to pan. Add butter, sour cream and 2 Tbsp. milk. Beat with a mixer until smooth. Add additional milk to achieve desired consistency. Salt and pepper, to taste.

Per serving: 220 calories, 4.5 g fat, 4 g protein, 42 g. carbohydrate, 7 g fiber, 45 mg. sodium