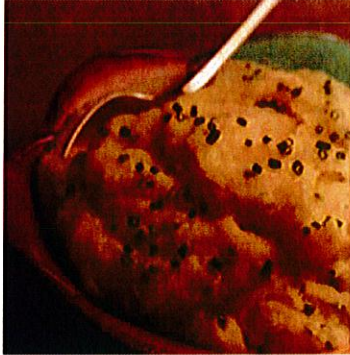


Parsnip & Celeriac Mash



By Eating Well

Ingredients

- 1 medium celeriac, (about 1 pound), peeled and cut into 1-inch cubes
- 3 medium parsnips, (about 3/4 pound), peeled and cut into 1-inch slices, thick ends quartered
- 1 large russet potato, (about 3/4 pound), peeled and quartered
- 1/4 cup vegetable broth, or reduced-sodium chicken broth
- 2 tablespoons extra-virgin olive oil
- 3 tablespoons chopped fresh chives, divided
- 2 tablespoons low-fat or nonfat plain yogurt
- 1 1/2 teaspoons Dijon mustard
- 1/2 teaspoon salt
- Freshly ground pepper, to [taste](#)
- 1/2 cup freshly grated Parmesan cheese

Preparation

1. Place celeriac and parsnips in a large saucepan; cover with lightly salted water. Place potato in a medium saucepan; cover with lightly salted water. Bring both saucepans to a boil over medium-high heat. Reduce heat to low, cover, and simmer gently until the vegetables are very tender when pierced with a fork, about 20 minutes for the potato and 30 to 40 minutes for the celeriac and parsnips.
2. When the potato is tender, drain and transfer to a large bowl. Mash with a potato masher. Cover and keep warm. When the celeriac and parsnips are tender, drain and transfer to a food processor; process until smooth, stopping once or twice to scrape down the sides. Add the puree to the potato.
3. Meanwhile, combine broth and oil in a saucepan (or measuring cup) and heat on the stovetop (or in the microwave) until steaming. Stir into the puree, along with 2 tablespoons chives, yogurt, mustard, salt and pepper. Stir in Parmesan. Garnish with the remaining 1 tablespoon chives. Serve hot.

Tips & Notes

- **Make Ahead Tip:** Cover the puree with parchment paper or foil and keep warm over a pan of barely simmering water for up to 1 hour. (Alternatively, cover and refrigerate for up to 2 days; reheat in the microwave.)
- Look for round celeriac globes with smooth, tight, papery skins. Fewer indentations mean easier peeling. But do clean out whatever indentations there are.

Nutrition

Per serving: 186 calories; 7 g fat (2 g sat , 4 g mono); 6 mg cholesterol; 26 g carbohydrates; 6 g protein; 4 g fiber; 407 mg sodium; 637 mg potassium.

Nutrition Bonus: Vitamin C (30% daily value), Potassium (18% dv), Calcium (15% dv).

6 servings, 2/3 cup each

Active Time: 45 minutes

Total Time: 1 1/4 hours

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