

## Mashed Root Vegetables with Parmesan

Turkey Day Primer | November 2007



*Try the make-ahead option. A mix of root vegetables, such as carrots, parsnips, and yellow potatoes, is especially yummy.*

PREP: 25 MINUTES COOK: 20 MINUTES BAKE: 15 MINUTES OVEN: 400°

- 6 LB. ASSORTED ROOT VEGETABLES, SUCH AS CARROTS, PARSNIPS, TURNIPS, RUTABAGAS, AND/OR RED OR YELLOW POTATOES
- 6 CLOVES GARLIC, PEELED
- 1 TBSP. KOSHER SALT, DIVIDED
- 1/2 CUP MILK, HALF-AND-HALF, OR LIGHT CREAM
- 2 TBSP. OLIVE OIL
- 2 TBSP. BUTTER
- 1/2- 1 TSP. FRESHLY GROUND BLACK PEPPER
- 1/3 CUP SNIPPED FRESH ITALIAN (FLAT-LEAF) PARSLEY
- 1 1/2 CUPS SHREDDED PARMIGIANO-REGGIANO CHEESE (6 OZ.)

Peel root vegetables and cut in 2- to 3-inch pieces. Place the root vegetables, garlic, and 1 1/2 teaspoons of the salt in a 4- to 6-quart Dutch oven and fill with enough cold water to cover. Bring to boiling. Reduce heat and simmer, covered, for 20 minutes or until very tender. Meanwhile, in a small saucepan heat milk, olive oil, and butter until warm and butter is melted.

Drain vegetables in a colander. Return to Dutch oven. Mash with potato masher; stir in milk mixture, 1 1/2 teaspoons salt, and pepper. Stir in Italian parsley and 1 cup of cheese. Place vegetable mixture in a 3-quart gratin dish (preferably broiler-safe—see broiling step below); spread evenly. Top with remaining 1/2 cup cheese.

Bake, uncovered, in a 400° oven for 15 minutes or until cheese is melted and mixture is heated through. If desired, preheat broiler; place dish 4 to 5 inches from the heat and broil for about 2 minutes or until top is browned (dish must be broiler-safe). Makes 12 servings.

**TO MAKE AHEAD:** Spread mashed vegetables in the baking dish and cool slightly. Top with remaining cheese, cover, and chill for up to 24 hours. Uncover and bake in a 400° oven for 30 minutes or until heated through.

Per serving: 194 cal., 8 g fat (4 g. sat. fat), 16 mg chol., 822 mg sodium, 24 g carbo., 6 g fiber, 8 g protein.