

Beet Mash Potatoes

Recipe Type: Side dish

Serves: 3

Prep Time: 20 minutes

Cooking Time: 45 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 2 medium potatoes, peeled and cubed
- 3 fresh medium size beets, peeled and cubed
- ½ C of skim milk
- ¼ t salt
- 1 t pepper

What to do:

1. Wash your hands.
2. Boil the beets for 35 minutes or until they are soft.
3. Add the potatoes and boil for 10 more minutes or until they are soft.
4. Drain the water.
5. Mash the potatoes, beets, milk, salt and pepper in a bowl with a potato masher until smooth.
6. Enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 cup

Amount Per Serving

Calories 160

Calories from Fat 5

%Daily Value*

Total Fat 0 g **0%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 95 mg **4%**

Total Carbohydrate 35 g **12%**

Dietary Fiber 6 g **24%**

Sugars 9 g

Protein 6 g

Vitamin C 50%

Calcium 8%

* Percent Daily Values are based on a 2,000 calorie diet.

FK= 3.4

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