

# MASHED TURNIPS & CARROTS

*Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian*

*Serves: 1 cup*

## Nutrition (per serving)

Calories: 109

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 340 mg

Total Carbohydrate: 18 g

Dietary Fiber: 3 g

Total Sugars: 12 g

Protein: 1 g

PREP TIME: 10 min

COOK TIME: 45 min

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**TOTAL TIME: 55 min**

## Ingredients

4 1/2 cups carrots, peeled and sliced

3 cups turnips, peeled and cubed

1/4 cup brown sugar

2 tablespoon margarine

1/2 teaspoon salt

ground black pepper, to taste



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## Directions

1. Wash the turnips and carrots well. Peel and cube the turnips, set aside. Then peel and slice the carrots, set aside.
2. In a large pot bring water to a boil. Add in turnips and carrots, boil for 40-45 minutes or until vegetables are very tender. Drain the vegetables thoroughly. If a thicker final product is desired, mash the vegetables a little bit and then let them sit in a fine mesh strainer for 5 minutes to drain some of the excess liquid.
3. Move the vegetables back into the pot or into a large bowl. Next add in the brown sugar, margarine, salt, and pepper.
4. Mash the vegetables with a potato masher (a fork should also work) and whip then with an electric or hand held mixer until they are nice and fluffy.
5. Remove from pot (if necessary) and top, if desired, with fresh parsley.