



# MASH IT!



Many people have made instant mashed potatoes, but nothing tastes as good as making the real thing! And, just like potatoes, root vegetables can also be mashed and enjoyed as a satisfying side dish. If you are limiting your carbohydrates, cauliflower makes a great substitute for starchier vegetables.

## MASHED ROOT VEGETABLES



### Ingredients:

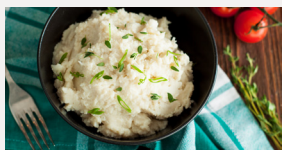
- 2 turnips, peeled, cut into 1/2-inch pieces
- 2 large parsnips, peeled, thinly sliced
- 1 rutabaga, peeled, cut into 1/2-inch pieces
- 1 quart low sodium vegetable stock or broth
- 1 bay leaf (optional)
- 1 tablespoon olive oil
- 1/2 teaspoon kosher salt
- 1/4 teaspoon ground black pepper



### Directions:

1. Place cut vegetables, stock, bay leaf, salt, and pepper in a medium sauce pan. Use enough water to cover vegetables with liquid if the stock is not enough.
2. Bring vegetables to a simmer. Stir frequently and cook until all vegetables are fork tender, about 30 minutes depending on the size of the vegetables. Discard bay leaf. Remove pan from heat.
3. Using a potato masher or the back of a wooden spoon, mash vegetables until smooth and creamy. If mixture is too thin, return to heat and simmer until desired consistency.

## MASHED CAULIFLOWER



### Ingredients:

- 2 (12 ounce) bags of cauliflower (florets or riced) or 1 head of fresh cauliflower
- 2 tablespoons canola oil
- 4 garlic cloves, minced (or 1/2 teaspoon powder or granulated)
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

### Directions:

1. Place cauliflower in a steamer basket over a large pot of boiling water. Cover with lid. Steam for 15 minutes or until tender. Remove and drain. Set aside but keep warm.
2. In the same pot, heat the canola oil over medium-high heat. Sauté garlic for about 1 minute until fragrant. (Take care not to brown garlic or it will taste bitter.) Remove from heat. Add steamed cauliflower to garlic and oil. Add salt and pepper to pot.
3. Mash cauliflower mixture with a potato masher until nearly smooth. For a smoother texture, you can blend ingredients using an immersion blender or food processor on high setting until smooth for about a minute. Scrape down and blend 1-2 more minutes for a silky, creamy consistency.



< Watch this cooking method.



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The Double Up Oklahoma (DUO) program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit [DoubleUpOklahoma.org](https://DoubleUpOklahoma.org) to find a DUO-participating farmers market or grocery store location near you.



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CULINARY MEDICINE

This content was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

## Looking for more healthy eating resources?

Scan the QR codes below with your phone's camera for free information.



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