Cheesy Broccoli-Potato Mash

6 servings, 2/3 cup each | Active Time: 30 minutes | Total Time: 30 minutes

Ingredients

- 1 pound Yukon Gold potatoes, cut into wedges
- 3/4 pound broccoli crowns, chopped (4 cups)
- 3/4 cup shredded fontina cheese
- 1/2 cup nonfat milk, heated
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

Preparation

1. Bring 1 inch of water to a boil in a large pot. Place potatoes in a steamer basket and steam for 10 minutes. Place broccoli on top, cover and steam until the potatoes and broccoli are tender, 6 to 8 minutes more. Transfer the broccoli to a large bowl and coarsely mash with a potato masher. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.

Nutrition

Per serving: 135 Calories; 4 g Fat; 3 g Sat; 1 g Mono; 16 mg Cholesterol; 17 g Carbohydrates; 7 g Protein; 2 g Fiber; 329 mg Sodium; 201 mg Potassium

1 Carbohydrate Serving

Exchanges: 1 starch, 1/2 high fat meat

Irish Lamb Stew

Lamb stew is Irish penicillin: a rich stew full of potatoes, leeks and carrots that'll cure whatever ails you. In traditional fashion, nothing here is browned first, just all stewed together. To keep it healthy make sure to trim the lamb of any visible fat before you cook it.

8 servings, generous 1 cup each | Active Time: 30 minutes | Total Time: 8 1/2 hours