

Maple Mashed Potatoes with Turnips and Parsnips

Mashed turnips and parsnips have a similar texture to mashed potatoes. One serving of this delicious dish provides 1 ½ servings of Vegetables and Fruit, helping you meet your goal of 7–10 servings from this food group daily!



Ingredients:

2 medium	Potatoes, peeled and diced	2 medium
2 medium	Turnips, peeled and diced	2 medium
2 large	Parsnips, peeled and diced	2 large
2 Tbsp	1% milk	30 mL
1 Tbsp	Soft non-hydrogenated margarine	15 mL
1 Tbsp	Pure maple syrup	15 mL
¼ tsp	Ground ginger	1 mL
¼ tsp	Ground nutmeg	1 mL
¼ tsp	Ground white pepper	1 mL

Directions:

1. Put the potatoes, turnips, and parsnips into a medium pot and cover with cool water. Bring to a simmer over medium-high heat. Cook for 20 minutes, or until a chunk of each vegetable can be easily pierced by the tip of a knife.
2. Drain well and mash with a potato masher or pass through a food mill.
3. Stir in milk, margarine, maple syrup, ginger, nutmeg and pepper.
4. Adjust seasonings as needed and serve immediately.

Makes 6 servings (175 mL/ ¾ cup/ 150 g)

Source: developed by Julie van Rosendaal for Apple Magazine, Alberta Health Services' health and wellness magazine. Photo credit: Apple magazine/AHS

Maple Mashed Potatoes with Turnips and Parsnips

Nutrition Facts	
Per 1/6 of recipe (175 mL/ ¼ cup/ 150 g)	
Amount	% Daily Value
Calories 120	
Fat 2 g	3 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 65 mg	3 %
Carbohydrate 23 g	8 %
Fibre 3 g	12 %
Sugars 7 g	
Protein 2 g	
Vitamin A	0 %
Vitamin C	30 %
Calcium	4 %
Iron	4 %

Nutrient Claim	Amount per serving
Source of fibre	3 g
Low in fat	2 g
Saturated fat-free	0 g
Low in sodium	65 mg
High in potassium	438 mg
Source of magnesium	31 mg
High in folate	35 mcg

Canada's Food Guide Food Group	Food Guide servings per recipe serving
Vegetables and Fruit	1 ½
Grain Products	0
Milk and Alternatives	0
Meat and Alternatives	0

This is a Choose Sometimes recipe (Vegetables and Fruit) according to the Alberta Nutrition Guidelines.