

Broccoli Potato Mash

Tupperware®

Serves 6

Ingredients

- 1 lb. Yukon Gold potatoes, peeled and cut into small chunks
- 2 cups broccoli florets
- ¾ cup fontina cheese
- ½ cup low fat milk
- ½ tsp. salt and pepper

Place potatoes in the steamer base and add 1 ¾-cups water to water tray. Place steamer base on top of the water tray, cover, place in the microwave and heat on high for 5 minutes. Fill the colander with broccoli and place the colander between the steamer base and cover. Place in the microwave and heat on high for 12 minutes, until potatoes are soft and can be easily pierced with a fork. Transfer broccoli to a Prep Essentials® Mix-N-Stor® Plus Pitcher and coarsely mash. Add the potatoes, cheese, milk, salt and pepper and continue mashing to desired consistency. Serve immediately.

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