

Beet Mash Potatoes

Recipe Type: Side dish

Serves: 3

Prep Time: 20 minutes

Cooking Time: 45 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 3 medium beets, peeled and cubed
- 2 medium potatoes, peeled and cubed
- ½ C skim milk
- ¼ t salt
- 1 t ground black pepper



This is a picture of 1 serving.

What to do:

1. Wash your hands.
2. Boil the beets for 35 minutes or until soft.
3. Add the potatoes and boil for 20 minutes or until soft.
4. Drain the water.
5. Mash the potatoes, beets, milk, salt and pepper in a bowl until smooth.
6. Serve hot and enjoy!

Contains Milk

Nutrition Facts	
3 servings per container	
Serving size	1 Cup (223g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 84mg	6%
Iron 1mg	6%
Potassium 758mg	15%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

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