



**Roasted Garlic and Root Vegetable Mash-Up**



**BRONSON**

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**Serves 4-6**

## Ingredients

- 1 large garlic bulb (containing 8-12 cloves)
- ½ teaspoon salt, plus a little more for roasting the garlic
- ¼ teaspoon black pepper
- 1 medium size sweet potato, cut into 1 ½ inch chunks (about 1 ¼ cups)
- 2 medium Yukon gold potatoes cut into 1 ½ inch chunks (about 1 ¼ cups)
- ½ grapefruit-size rutabaga, peeled and cut into 1 ½ inch chunks (about 1 cup)
- 3 tablespoons unsalted butter
- ½ cup low-fat sour cream
- 1 teaspoon dried minced onion or 1 tablespoon finely minced fresh onion
- Optional: chopped fresh herbs, i.e. parsley or thyme
- Optional: ½ teaspoon prepared horseradish

## Directions

1. Remove loose, paper-like skin around the garlic bulb. Don't peel. Leaving the clove intact, cut the pointed ends off the garlic bulbs. Put the bulb, cut side up, on a piece of foil.
2. Drizzle the bulbs with a little olive oil and sprinkle with salt and pepper.
3. Wrap the bulbs tightly in the foil so the oil doesn't leak out. Place the wrapped bulbs on a baking tray and bake at 400° F for 40-60 minutes or until the cloves are tender and jam-like.
4. As garlic roasts, boil a large pot of water.
5. Carefully add the sweet potato and rutabaga cubes to the boiling water. Bring the water back to a boil and cook for 10 minutes.
6. Add the white potato chunks and cook until all the vegetables are tender (10-15 minutes).
7. In a colander, thoroughly drain the potatoes and rutabaga and transfer them to a large bowl.
8. Add the roasted garlic, butter, salt, pepper, sour cream, minced or fresh onion, and horseradish (if using), to the potato mixture. Mash with a potato masher. Taste and adjust salt and pepper if needed.
9. Garnish with fresh chopped herbs and a drizzle of olive oil.

## ***Nutrition Information (per 3/4 cup serving)***

*203 calories, 12g fat, 7g saturated fat, 22g carbohydrate, 3g protein, 3g fiber, 342mg sodium*