

Butternut Squash and Potato Mash

Adapted from Martha Stewart Everyday Food
Makes 4-6 servings

Ingredients

3 medium Yukon Gold potatoes
1/2 small butternut squash
2 tablespoons butter
1 clove garlic
1/3 cup milk
Salt and ground pepper



Photo credit: Belly Full website

Instructions

Peel potatoes and cut into quarters. Scoop out seeds from butternut squash, peel, and cut into similar size pieces as potatoes. Place potatoes and squash in a large pot and cover with water by 1 inch. Bring to a boil, reduce heat, and simmer until potatoes and squash are easily pierced with a fork, about 20 minutes.

Drain in a large strainer then return potatoes and squash to the pot. Set aside.

Mince garlic. In a small saucepan, melt butter over medium heat, add garlic and cook until fragrant, about 1-2 minutes. Add milk and bring to a simmer.

Pour the butter mixture over the cooked potatoes and squash. Season generously with salt and pepper. Mash with a potato masher until smooth and creamy. Serve immediately.

Note:

To make the recipe dairy free, use olive oil, coconut oil, or vegan butter in place of butter and use a dairy-free milk alternative or full-fat coconut milk instead of milk.