

Celery Root Mash

Celery Root Mash

Serves 8-10

2lb **Idaho Potatoes**(peeled, quartered and sliced thin)

2lb **Celery Root**(peeled, quartered and sliced thin)

1c **Whole Milk**

2oz **Butter**

1T **Kosher Salt** (finish with more to suit your taste)

2c **water**

2T **Chives** (sliced thin)

Place Potatoes, Celery Root, Milk, Butter, Salt and Water in a medium sauce pan over a medium heat. Bring up to a gentle simmer.

Continue to simmer until the Potatoes and Celery Root are very tender (20 minutes if cut thin).

Strain off and reserve the cooking liquid. Puree the drained Potatoes and Celery Root with a masher, food mill or ricer.

If the puree is too thick, fold in some of the reserved cooking liquid and add salt to suit your preference. Plate the puree, top with Chives and serve.

Notes:

Shopping List:

HealthEast® 
WAYS TO WELLNESS

www.healtheast.org/waystowellness
651.232.1926

IT'LL CHANGE
YOU
HealthEast 