Potatoes and Cauliflower Mash

**Ingredients**
- 6-8 medium red russet potatoes
- 1 small head of cauliflower
- 1 cup skim milk
- 1 ounce olive oil
- 10 ounces spinach, raw
- 1 tablespoon parsley
- ¼ teaspoon salt
- ½ teaspoon pepper

**Directions**
1. Cut potatoes into 2-3 inch cubes, boil until tender.
2. Cut the cauliflower into medium sizes florets, boil or microwave until very tender.
3. Sauté spinach with olive oil.
4. In a large bowl combine potatoes, cauliflower, milk, and seasonings. Use a hand mixer or manually mash until smooth. Stir in sautéed spinach.
5. Serve warm.

Sweet Potato Hashbrowns

**Ingredients**
- 2 medium sweet potatoes, peeled and shredded
- ¼ cup sweet white onion, chopped
- 4 garlic cloves, minced
- 1½ tablespoons light olive oil or coconut oil, plus more for frying
- ¼ cup gluten-free flour
- 1 teaspoon sea salt
- ½ teaspoon black pepper

**Directions**
1. Preheat oven to 375 degrees
2. Poke holes in the sweet potatoes. Bake for 1½ hours or until the potato can be easily pierced.
3. Cut potatoes in half and scoop out flesh into a mixing bowl. Add coconut milk, ginger, cinnamon and salt to taste. Beat until smooth.

Mashed Stokes Purple

**Ingredients**
- 3 Stokes Purple Sweet Potatoes
- ¼ cup coconut milk
- 2 tablespoons maple syrup
- ½ teaspoon ground ginger
- ½ teaspoon cinnamon
- Salt, to taste

**Directions**
1. Preheat oven to 375 degrees
2. Poke holes in the sweet potatoes. Bake for 1½ hours or until the potato can be easily pierced.
3. Cut potatoes in half and scoop out flesh into a mixing bowl. Add coconut milk, ginger, cinnamon and salt to taste. Beat until smooth.

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