Nutrition Studies

DAIRY-FREE PARSNIP MASHED POTATOES
(Del Sroufe)

This recipe offers a healthy twist on the classic side dish. It combines parsnips and potatoes to create a creamy and flavorful mash without the need for dairy. The parsnips add a slightly sweet and nutty flavor, while garlic and vegetable broth provide a rich, savory taste. The result is a delicious vegan alternative to traditional mashed potatoes that pairs well with many dishes.

Ingredients:

- 2 pounds russet potatoes
- 1 pound parsnips, peeled and cut into 1-inch chunks
- Sea salt to taste
- White pepper to taste

Instructions:

1. Wash and peel the potatoes, and cut them into 1-inch chunks.

2. Place the potatoes in a pot with the parsnips. Add just enough water to cover the vegetables, and bring to a boil over high heat.

3. Reduce the heat to medium and cook until tender, about 12–15 minutes.

4. Drain the vegetables, reserving the cooking liquid.

5. Mash the vegetables with a hand masher. Add more cooking liquid if necessary until you reach the desired consistency.

6. Season with salt and the white pepper.

Author's note: I like mashed potatoes as much as the next person, but since I no longer add unhealthy fats to my foods, I have looked for other ways to make my mashed potatoes creamy. Adding vegetables like parsnips is one of my favorite ways. They look like white carrots but have a mild tang that elevates an otherwise plain potato. If you don't like parsnips, carrots or other root vegetables work just as well.





Nutrition Studies is the website of the Center for Nutrition Studies, founded by T. Colin Campbell, PhD, a legend of the plant-based movement. The recipes are all WFPB, and many other resources can be found there.

T. COLIN CAMPBELL
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