

Root Veggie Smash serves 6

Simmering root vegetables with tart apple and savory onion makes this side dish a unique, delicious, and satisfying alternative to mashed potatoes.

¾ lb. carrots, peeled and cut into 1 inch pieces
¾ lb. parsnips, peeled and cut into 1 inch pieces
1 medium tart apple, peeled and coarsely chopped
1 small onion, coarsely chopped
3 tablespoons plain yogurt
1 teaspoon fresh thyme, minced
¼ teaspoon sea salt
Freshly ground pepper, to taste

Cook carrots, parsnips, apple, and onion in a large saucepan of boiling salted water over medium high heat until very tender, about 30 minutes.

Drain and return to saucepan. Over low heat mash the mixture with a potato masher. Stir in yogurt, thyme, and season with salt and pepper. Taste and see if you need to add a tiny drizzle of lemon juice, another pinch of salt, or a couple of drops of maple syrup for balance.