

Enhance your classic mashed vegetable recipes with these tasty and nutritious variations:

Potato with broccoli and cheese

Add well-cooked broccoli to cooked potatoes before mashing. Add grated cheese, butter and milk and stir while melting through.



Sweet potato with carrot and zucchini

Cook sweet potato, carrot and zucchini. Add butter and milk and blend with a stick blender to create a smooth consistency. Experiment with herbs or mild spices eg. nutmeg.

Mashed potato with mushroom gravy

In a frying pan, sauté mushrooms with some butter, garlic and thyme until well-softened. Add chicken stock and flour to create a sauce. Serve over mashed potatoes.



Nutrition, hints and tips

- For residents on Smooth Pureed diets, make sure the mashed vegetables are lump-free by thoroughly cooking the vegetables first, use a stick blender to combine and remember to taste test for hidden lumps before serving.
- Add extra butter, cream, milk or cheese for residents on a High Energy High Protein diet. A neutral-flavoured high protein powdered supplement could also be added.
- Looking for more ideas? Try these other vegetable combinations:
 - Pumpkin with sautéed leek and chives
 - Potato with cannellini beans, garlic and rosemary
 - Potato with cheese and chives
 - Sweet potato, carrot and mild mustard
 - Creamy cauliflower and broccoli
 - Mashed peas with potato
 - Pumpkin and roasted capsicum
 - Roasted eggplant with potato