

# POTATO BROCCOLI Smash

Servings: **12**

Serving Size:  $\frac{1}{2}$  cup

Prep Time: **5** minutes

Cook Time: **5** minutes



## What You Need

- 4 cups frozen hash browns (shredded potatoes)
- 2 cups frozen chopped broccoli
- $\frac{1}{2}$  cup nonfat or lowfat milk
- $\frac{3}{4}$  teaspoon salt
- $\frac{1}{2}$  cup shredded, light, sharp Cheddar cheese

## Get Cookin'

- 1.** Combine hash browns and broccoli in a medium microwave safe bowl. Stir in  $\frac{1}{4}$  cup water. Cover with paper towel and microwave for 5 minutes on high.
- 2.** Add milk and salt to potato mixture. Smash with a potato masher or fork.
- 3.** Stir in cheese and serve hot.

### Tip

Try other vegetables such as carrots, spinach, or cauliflower instead of broccoli.