Potato and Swede Mash



Serves	3-4
Prep time	5 minutes
Cook time	30 minutes
Total time	35 minutes
Allergy / Intolerance	Amines, Artificial Addititives, Artificial Colours, Glutamates, Preservatives, Salicylates
Suitable for	RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Side Dish
Misc	Child Friendly, Serve Hot

Ingredients

- 4 Medium potatoes (peeled and chopped)
- 1 Medium swede (peeled and chopped)
- 2 heaped tablespoons light smooth ricotta
- Salt

Directions

1. Cook the potato and sweded (steam, boil or microwave)
2. Mash the cooked vegetables with the ricotta until smooth.
3. Season with salt and serve immediately.

Note

Low Chemical / Failsafe

Variation: use sour cream instead of ricotta.