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# Mashed Roots With Buttermilk and Chives

**Prep Time:** 20 mins

**Cook Time:** 50 mins

**Total Time:** 1 h 10 mins

## Ingredients

2 pounds celery root  
1 pounds rutabaga  
1 pounds potato, yukon gold  
5 clove(s) garlic  
4 tablespoon butter, unsalted  
3/4 cup(s) buttermilk, fat-free  
1/2 teaspoon salt  
1/4 teaspoon pepper, black ground  
1/4 teaspoon nutmeg, ground  
1/3 cup(s) chives, fresh

## Preparation

1. Bring 1 inch of water to a simmer in a large pan or Dutch oven. Place celery root, rutabaga and potatoes in a large steamer basket over the water, cover and steam over medium-low heat for 20 minutes. Add garlic and continue steaming—checking the water level and replenishing as necessary—until the vegetables are fall-apart tender, 20 minutes more.
2. Remove the vegetables, drain the cooking liquid and return the vegetables to the pan. Add 2 tablespoons butter and mash until chunky-smooth. Gradually stir in buttermilk, salt, pepper and nutmeg.
3. Just before serving, stir in the remaining 2 tablespoons butter and chives.



### Quick Info:

- 8 Servings
- Quick Meal
- Contains Dairy
- Vegetarian
- Heart-Healthy

### Nutritional Info (Per serving):

Calories: 167, Saturated Fat: 4g, Sodium: 274mg, Dietary Fiber: 4g, Total Fat: 6g, Carbs: 25g, Cholesterol: 15mg, Protein: 4g

Carb Choices: 1.5

Recipe Source:

**EatingWell.com**



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