**Carrot and Rutabaga Mash**

Ingredients: 1 pound carrots, peeled and chopped; 1 pound rutabaga, peeled and chopped; 3 Tablespoons olive oil; 5 cups of water; 1/2 cup low sodium vegetable broth; 1 teaspoon garlic powder; a sprinkle of coarse salt to (fort taste); a sprinkle of black pepper (for taste).

Directions/Method: In a large pot, add water and vegetable broth; mix and then add carrots and rutabaga. Bring the mixture to boil and allow to boil until the rutabaga and carrots are soft (pierce with a fork to check). Drain off water/broth. Add garlic, oil, salt and pepper. Smash together using a potato masher or food processor. Eat and enjoy! (created by Hayley Ruff, inspired by Robert Irvine, Food Network).