



MONSTER MASH

Total Time (minutes)
30

Difficulty
1

Servings
4

Ingredients
7

Total Prep Time: 10 minutes

Calories Per Serving: 180

NUTRIENTS

Tip: Boil peeled garlic cloves with potato mixture if desired.

INGREDIENTS

Recipe inspired by Disney and Pixar Monsters, Inc.

- 1 DOLE® green plantain, peeled and cut into chunks
- 1 lb baking potatoes (about 2 medium), peeled and chopped
- 1 Tbsp olive oil
- 1 Tbsp maple syrup
- 2 cups packed DOLE® spinach, chopped
- 1 tsp dried basil
- ¼ tsp each salt and pepper

DIRECTIONS

- 1 ADD potatoes and plantains to medium saucepan. Cover with water. Stir in olive oil and maple syrup; bring to a gentle boil.
- 2 COOK for 20 minutes or until tender, adding spinach in the last minute of cooking to wilt. Drain reserving 1/3 cup cooking liquid.
- 3 ADD plantain and potato mixture and reserved cooking liquid back to hot saucepan. Mash with a masher tool or the back of a fork until smooth and creamy. Mix in dried basil and season with salt and pepper.

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