

Prep Tip:

You can substitute any green leafy vegetable for kale in this recipe. Try it with spinach or cabbage!

Colcannon

Serving size: ½ cup

Servings per recipe: 8

High in
vitamin C

Ingredients

- | | |
|------------------------------------|---------------------------|
| 3 pounds potatoes | ½ cup chopped green onion |
| 2 Tablespoons butter | |
| 4 cups chopped kale, stems removed | ½-¾ cup skim milk |

Directions

1. Wash potatoes and cut into chunks.
2. Place in a large pot and cover with water.
3. Bring to boil over high heat, and then reduce heat to simmer. Cook until potatoes are fork tender.
4. Drain potatoes into a strainer.
5. Place the pot back over medium heat and melt the butter.
6. Add kale and cook 3-4 minutes until wilted.
7. Add the drained potatoes, and green onions back to the pot with the kale.
8. Pour ½ cup of milk over the mixture and mash. Add additional milk if necessary for desired texture.



**Kid Approved
Healthy Snacks
Cookbook**
630200 \$4.95

Quantity discount pricing
and customization available.
For more information, email
customer care@getvisualz.com