

KALE AND WHITE-BEAN MASH

INGREDIENTS

- 8 oz. parsnips, peeled and cut into $\frac{3}{4}$ inch chunks
- 1 bunch kale, chopped
- 2 cloves garlic, chopped
- 2 cans cannellini beans, rinsed and drained

DIRECTIONS

1. Pour 1 inch water into medium saucepan. Bring to a boil over high heat and add parsnip chunks. Cover and boil about 10 minutes or until parsnips are just about fork-tender. If you do not have a food processor, cook the parsnips until they are tender enough to mash. Drain.
2. Spray large saucepot with cooking spray. Carefully cook kale, garlic and $\frac{1}{4}$ teaspoon salt on medium heat 5 minutes or until stems are tender, stirring often.
3. Transfer parsnips to food processor along with rinsed and drained beans. Pulse until combined but still chunky, scraping occasionally.
4. Stir prepared parsnips into kale along with $\frac{1}{8}$ teaspoon salt and heat through.