

Olive Oil Mashed Potatoes and Kale

Food Network Magazine - April 2019

1 1/2 pounds small red potatoes
2 shallots, chopped
2 cloves garlic, chopped
olive oil
4 cups kale, chopped
1/2 cup milk
3 tablespoons olive oil
parsley, chopped
salt (to taste)
pepper (to taste)

In a pot with salted boiling water, cook the potatoes until tender, 15 to 20 minutes. Reserve one cup of the cooking water. Drain.

In the same pot, cook the shallots and garlic in olive oil over medium-high heat until softened, 2 minutes.

Add the kale and 1/2 cup of the cooking water. Cook for 5 minutes. Add the milk and bring to a simmer.

Off the heat, add the potatoes, three tablespoons of olive oil and the parsley.

Mash, adding more cooking water if needed.

Season with salt and pepper.

Per Serving (excluding unknown items): 590 Calories; 46g Fat (67.0% calories from fat); 14g Protein; 38g Carbohydrate; 5g Dietary Fiber; 17mg Cholesterol; 178mg Sodium. Exchanges: 6 1/2 Vegetable; 1/2 Non-Fat Milk; 9 Fat.