

# SMASHED POTATOES WITH KALE

*Try adding turnips, parsnips or rutabaga to the potatoes in this dish!*



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*Just Say Yes*

To Fruits & Vegetables

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**FIDELIS CARE®**

# SMASHED POTATOES WITH KALE

**SERVES 8 • SERVING: ¾ CUPS**

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## INGREDIENTS:

- 1 tablespoon vegetable oil
- 6 cups diced potatoes (¼-inch squares)
- 6 cups diced kale (1-inch pieces)
- 3 tablespoons chopped scallions
- ¼ teaspoon crushed red pepper flakes
- Salt and pepper to taste

## DIRECTIONS:

1. Heat oil in a large frying pan over medium heat
2. Add potatoes and cook for 5 mins
3. Add kale and cook for 5 more mins
4. Add 1 cup of water, cover, and cook for 5 more minutes
5. Mash potatoes and kale with a fork until smooth.
6. Add scallions, red pepper flakes, and salt and pepper to taste.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

For more great recipes visit [www.foodbankst.org/jsy](http://www.foodbankst.org/jsy)

Recipe provided in partnership by the Food Bank's Just Say Yes to Fruits & Vegetables Program as funded through the USDA's Supplemental Nutrition Assistance Program – SNAP.