

Parsnip, Potato and Kale Colcannon

This creamy side dish is usually served with a creamy milk and extra dollop of butter on top at the table. Our version has less butter, and uses low fat milk to still produce a rich flavourful dish with all the great taste.

A traditional colcannon has cabbage in it, which is just as delicious, but adding kale increases your folate and vitamin K count and gives it a rich deep green colour-perfect for St. Patrick's Day!

2 lbs (1 kg) Ontario potatoes, peeled and cubed
8 oz (250 g) parsnips, peeled and cubed
6 cups (1.5 L) shredded kale leaves, lightly packed
2 tbsp (25 mL) butter or oil
4 green onions, sliced
1 cup (250 mL) milk
3/4 tsp (4 mL) salt
Pinch freshly ground black pepper

In large pot add potatoes and parsnips and cover with cold water. Bring to boil and cook for about 20 minutes or until very tender. Drain and return to pot.

Meanwhile, in large deep skillet, bring 2 cups (500 mL) water and kale to boil. Cover and cook for 10 minutes or until tender. Drain in colander. Return skillet to medium heat and melt butter. Add onions and cook for about 5x minutes or until softened. Add kale and milk and bring to boil. Mash potatoes and stir in kale mixture. Add salt and pepper and stir to combine.

Makes 6 to 8 servings.

Per each of 6 servings: 240 calories, 6 g protein, 5 g fat, 42 g carbohydrates, 6 g fibre, 360 mg sodium, 860 mg potassium

Excellent Source of Vitamin C, Good Source of Folate, Source of Fibre, Source of Calcium, Source of Vitamins B1, B2 and B

Tip: By stirring in the kale and milk mixture you create a light, fluffy potato mixture that is so creamy, you will want seconds.

