

# Colcannon

## Heart Health

**Items Needed:** cutting board, knife, soup pot, potato masher or a whisk, saute pan.

**Makes:** 4-5 servings

### Ingredients:

- 4-5 medium size russet or Yukon gold potatoes
- 2 tbsp butter
- 1 tsp olive oil
- 1 ½ cup milk ( I prefer a whole milk option, however, you can utilize nonfat milk to cut down on saturated fat content.)
- 2 cups of chopped cabbage
- 2 cups of chopped kale
- 4 cloves of garlic
- 4 green onions

### Directions:

1. In a soup pot cover potatoes with cold water and place over medium heat. Season with salt and bring to a boil, then reduce to a simmer. Allow to cook for approximately 30 minutes or until the potatoes are fork tender or a paring knife slides easily into the potato.
  1. You may prefer to have less potato skin in your recipe and if this is the case, may I suggest peeling half of the potatoes and leave the skins on the other half (the extra potato skin will add to the fiber and nutrition content of the finished dish.)
2. While the potatoes are cooking chop your cabbage and kale, mince your garlic, and slice your green onions. Leave half of the green onions to the side to garnish at the end, and place the other half in with your greens and garlic to be sauteed.
3. In your saute pan, add 1 tsp olive oil and bring to medium low heat. Add garlic, green onions, cabbage and kale. Saute until everything is cooked through and very tender, we want the greens and cabbage to break up into the potato easily.
4. When the potatoes are cooked through, heat up the milk and butter in a microwave safe bowl.
5. Add to the potatoes in small increments, mashing the potatoes until the desired consistency is reached.
6. Mix in the sauteed cabbage and greens mixture until thoroughly combined.
7. Season with salt and pepper and enjoy while hot.



These would also make great potato cakes for a post st patty's day breakfast or even some delicious gnocchi.

## **Nutrition Information (per 1/4 recipe):**

Calories: 261 Fat: 10.3 g Sat Fat: 5.7 Carbs: 37.4 g Protein: 8.5 g Fiber: 5.4 g

<https://wexnermedical.osu.edu/nutrition-services>

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