

Healthy Food for a Wealthy Mood



Quick Kale Mashed Potatoes

2 cups frozen mashed potatoes
1 Tbsp. butter
2 cups chopped Lacinto kale (aka Dino/Black kale)
¼ cup sliced green onions
½ cup 2% milk
½ tsp. pepper

Cook potatoes according to package directions. Melt butter in a large skillet over medium heat. Add kale and green onions; sauté 1 minute. Stir in milk and pepper. Add kale to potatoes; stir to combine.

Serves 4

CALORIES 114; FAT 3.7g; SODIUM 229mg

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