Garlicky Sweet Potato and Kale Mash

About the Recipe

82 Calories · 2 g Protein · 2 g Fiber
Side Dish

Ingredients

Makes 12 Servings

- 3 medium sweet potatoes, peeled and cut into 1-inch cubes
- 3 medium russet potatoes, peeled and cut into 1-inch cubes
- 1 tablespoon (15 mL) olive oil (see below for oil-free option)
- 1 leek, halved and thinly sliced
- 4 cups (268 g) chopped kale
- 4 cloves garlic, minced
- 1/4 teaspoon crushed red pepper
- 1 teaspoon sea salt
- 1/2 teaspoon ground black pepper
- 1/2 cup (120 mL) low-sodium vegetable broth, room temperature

Directions

1. Bring a large pot of water to a boil. Add the potatoes and boil for 12-14 minutes, or until fork tender and a texture that will easily mash.
2. Heat the oil in a large skillet, add the leeks, and saute for 4-6 minutes until they have reduced in size and are tender in texture. Add the kale, garlic, and crushed red pepper and saute 1-2 minutes until the kale is cooked down; stir frequently to avoid burning. Remove from the heat.
3. Use a potato ricer or hand potato masher to mash the potatoes. Add the potatoes, salt, pepper, and broth to the skillet with the vegetables and stir everything to combine. Serve warm. OIL-FREE: Omit the oil and saute the vegetables in 2 tablespoons (30 mL) of water or low-sodium vegetable broth.

Add more liquid as needed.

Nutrition Facts

Per serving:
Calories: 82
Fat: 1 g
- **Saturated Fat:** 0.19 g
- **% Calories From Fat:** 14%

Cholesterol: 0 mg
Protein: 2 g
Carbohydrate: 17 g
Sugar: 3 g
Fiber: 2 g
Sodium: 215 mg
Calcium: 28 mg
Iron: 1 mg
Vitamin C: 10 mg
Beta-Carotene: 3,703 mcg
Vitamin E: 1 mg