

# 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.&nbsp;  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