

# Smashed Potatoes with Kale

*Just Say Yes* to Fruits and  
Vegetables

*Who said kale is only for smoothies and salads? Not us!*



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## Smashed Potatoes with Kale

Serves 8 • Serving:  $\frac{3}{4}$  cups

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*Try swapping out potatoes with sweet potatoes or parsnips for a twist.*

### Ingredients:

- 1 tablespoon vegetable oil
- 6 cups diced potatoes  
( $\frac{1}{4}$ -inch squares)
- 6 cups diced kale (1-inch pieces)
- 3 tablespoons chopped scallions
- $\frac{1}{4}$  teaspoon crushed red  
pepper flakes
- Salt and pepper to taste

### Directions:

1. Heat oil in a large frying pan over medium heat.
2. Add potatoes and cook for 5 minutes.
3. Add kale and cook for 5 more minutes.
4. Add 1 cup of water, cover, and cook for 5 more minutes.
5. Mash potatoes and kale until smooth with a fork.
6. Add scallions, red pepper flakes, and salt and pepper to taste.
7. Serve hot and enjoy!
8. Refrigerate leftovers.