



Light & Lucky Colcannon Potatoes

This lighter take on traditional Irish colcannon has less fat and sodium, and combines potatoes, greens, and olive oil for a perfect festive St. Patrick's Day sidedish

INGREDIENTS

- 5 lb Yukon Gold potatoes, peeled and cubed
- 3 cups green cabbage or kale, finely sliced
- $\frac{3}{4}$ -1 cup low-fat milk, warmed
- 3 Tbsp olive oil (or 2 Tbsp olive oil + 1 Tbsp butter)
- 2 cloves garlic, minced (optional)
- Salt and black pepper, to taste



DIRECTIONS

1. Boil potatoes in lightly salted water until tender, about 15-20 minutes. Drain well and allow to steam dry for 1-2 minutes.
2. While potatoes cook, sauté cabbage or kale in olive oil over medium heat until tender, about 5-7 minutes. Add garlic during the last 30 seconds if using. Season lightly.
3. Mash potatoes with warm milk and olive oil until smooth but not overworked.
4. Fold in cooked greens. Season to taste with salt and pepper.

OPTIONAL ADD-INS

- Green onions or chives, thinly sliced
- Fresh parsley or thyme, finely chopped
- Roasted leeks or caramelized onions

CHEF TIP

- Yukon Gold potatoes provide natural creaminess without heavy cream.
 - Save covered and refresh with warm milk as needed.
 - For lower sodium diets, avoid salting the cooking water and season at the end.
- 