

From the Kitchens' of



Potatoes Plus

Serves 4

Cooking Time 20 mins

Ingredients

water	2 tablespoons oil
1/4 teaspoon salt	1 chopped onion
4 medium peeled and cubed potatoes	2 minced cloves garlic
2 tablespoons soy milk	1 bunch chopped kale
2 tablespoons soy margerine	

Directions

Fill to 3/4 full a medium saucepan, with water. Bring to medium boil with salt, (salt optional).

Rinse potatoes in colander. When water reaches boil add potatoes. Boil till potatoes are tender. **(see reverse)**

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Potatoes Plus

While potatoes are cooking, place oil in large skillet. Heat at medium high setting. Add onions and garlic. Stir until onions are translucent.

Add kale. Stir continually until kale is heated, usually three to five minutes. Set aside with cover over skillet.

Drain potatoes and replace in saucepan. Add soy milk and margarine. With potato masher, mash until the potatoes are a creamy consistency throughout.

Add kale and stir. Add additional margarine and salt to taste and serve.