

Kale & Potato Hash

Number of servings: 4
 Preparation time: 35 minutes
 Total time: 35 minutes

Ingredients:

- 8 cups torn kale leaves (about ½ large bunch)
- ½ cup onion, chopped
- ½ teaspoon ground pepper
- ½ teaspoon garlic
- ¼ teaspoon salt
- 2 potatoes
- 3 tablespoons olive oil

Equipment Needed:

- Cutting board
- Knife
- Large non-stick skillet
- Wooden spoon
- Measuring spoons and cups
- Plate
- Paper towels

Directions

- Wash, peel and grate potatoes. Spread them in a thin layer on a plate and press them with paper towels to get them as dry as possible.
- Add 2 tablespoons of oil to the pan over medium-high heat. When oil is hot, add onion and potatoes in a thin, even layer. Sprinkle with half of the pepper, salt and garlic powder. Brown on one side, flip potatoes and season with the remaining salt, pepper and garlic powder. Let the other side brown.
- Remove potatoes from the pan and put aside. Add remaining oil and let it get hot. Add kale, and cover. Kale will wilt after 3-5 minutes. You may let it get crispy if you like. Add potatoes back to skillet and combine with the kale. Heat through and serve.



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Nutrition Facts

Serving Size: ½ cup
 Recipe makes 4 servings

Calories 235

Calories from Fat 99

Amount Per Serving

	%DV
Total Fat 11g	17%
Saturated Fat 1.5g	8%
Monounsaturated Fat 7.5g	
Trans Fat 0g	
Cholesterol 0 mg	0%
Sodium 260 mg	11%
Potassium 631 mg	18%
Total Carbohydrate 31g	10%
Dietary Fiber 4g	16%
Protein 5.7g	11%
Vitamin A	412%
Vitamin C	279%

The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.