

Nutrition Facts (Serving size 1 cup): Calories-130; Total Fat-1g; Saturated Fat-0.5g; Sodium-110mg; Fiber-4g; Carbohydrate-29g; Protein-5g; Vitamin A-70%; Vitamin C-90%; Iron-8%; Calcium-6%
Adapted from Washington State University Extension Food Sense

Food Sense Tip

- This is a simple way to add color to your table. Any type of greens will work. Use what is in season or on sale.

1. Wash potatoes and peel. Chop in half, then into quarters. Add to a large pot of boiling water.
2. Peel garlic and add to the pot. Boil until potatoes are tender (about 10 to 13 minutes).
3. Wash the greens and chop or tear into small pieces.
4. When potatoes are cooked, remove from pot with garlic cloves and place in a medium bowl.
5. Add greens to the pot of boiling water and cook for 3 to 5 minutes. Remove from heat and drain.
6. Mash potatoes and garlic with a potato masher or fork. Add milk, butter, salt, and pepper. Mix well. Add greens and stir gently.



Directions

Prep time: 10 minutes | Cooking time: 15 minutes | Number of servings: 6

- 6 medium potatoes
- 3 cloves of garlic
- 2 cups of chopped greens (e.g., spinach, kale, or Swiss chard)
- ¼ cup 1% milk
- 1½ teaspoons butter or soft margarine
- ¼ teaspoon salt
- ¼ teaspoon pepper

Garlic Mashed Potatoes & Greens

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Cook Together! Making Garlic Mashed Potatoes & Greens with Kids

This flavor-filled recipe is a favorite in Food \$ense youth classes. It is a great way to add color to the plate. This recipe has many difficult tasks. Parents may choose to complete this recipe.

Easy Tasks: Gather ingredients and equipment.
Wash vegetables; pat greens dry.

Intermediate Tasks: Peel potatoes.
Tear drained greens into small pieces; remove stems if using kale.
Measure all ingredients.
Add milk and other seasonings to mashed potatoes.

Difficult Tasks: Bring a large pot of water to boil on stove top.
Cut peeled potatoes in half, then into quarters (1 potato = 4 pieces).
Add cut potatoes, garlic, and greens to boiling water; set timer for 10 minutes.
Remove cooked potatoes and garlic from pot with slotted spoon; place in bowl.
Remove from heat. Drain.
Mash potatoes and garlic with masher or fork.
Mix ingredients. Add drained greens and stir gently.



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