

Snapped Up: Mash & Greens



Breakfast. Lunch. Dinner. We think of mashed potatoes as a side dish, but it can easily transform in to a main dish using the potatoes as a base to tie everything else together.

Mash & Greens contains all the flavors that entice us: sweet/sour, hot, savory... matched with nutrition packed greens to create a harty, anytime meal. This version doesn't use milk making it fat-free and cheaper.

****Scratch Cook Tip:** Keep the ratios the same. Start with the base food—potatoes—plan about 1 cup (1 part) per person. If you use 2 cups (2 parts) of potatoes then use 2 cups (2 parts) of onions, etc. If you make only what you'll eat that day, you won't waste food.*

The best part of scratch cooking is the joy and creative experience it puts back into making a meal. No one gives you a recipe for a sandwich, you just make it. With Mash & Greens, add items, subtract, try new flavor combos all based on what is in your fridge, freezer, or cupboards at the moment.

About potatoes:

Red and white potatoes (thin skinned) are not as "mealy" as brown baking (thick skinned) potatoes. Generally thin skinned potatoes are used in cold salads as those potatoes hold a cubed shape well. Thick skinned potatoes tend to mush up when cubed. Use them for mashing. Either work in this dish.

Eat the skin. Because the skin is what a plant uses to protect itself against harm, it carries many nutritional qualities that are lost when you peel it off. If the texture of the skin turns you off, cut it up into finer pieces and then the texture won't bother you.

PREP 5 minutes, **COOK** 15 Minutes **TOTAL TIME** 20 minutes.

INGREDIENTS 1:1:1

1 part potatoes* cut into small pieces to cook faster. Leave the skin on for more nutrition.

1 part onions* rough chopped

1 part hardy greens* (kale, or spinach, or chard) rough chopped

½ part Celery (if you have it) diced

1 clove garlic or more to taste. Don't like garlic? Leave it out.

1 splash of vinegar (cider vinegar if you have it) Use 1 splash (Tablespoon) to start) Match it with **1 splash (Tablespoon) of maple syrup**. This is your sweet/sour base. Increase the proportions as you increase the amount of potatoes.

Flavor it up: mustard seed, thyme, salt and pepper

Heat it up: A tiny bit of pepper flakes, or cayenne, or paprika...

Plate it up: Pair with **shredded apples or apple sauce**. The fresh apple flavor complements the complex flavors in Mash & Greens.

TOOLS USED:

Sauce pan, pot, potato masher or fork.

SCRATCH COOK DIRECTIONS:

1. Boil Potatoes

In a saucepan over high heat, bring water and potatoes to a boil. Reduce heat and simmer, covered, until tender, 10 minutes. Drain, leaving enough water at bottom for working into the mash.

2. Sauté Vegetables

Meanwhile, in a large skillet over medium heat, cook **onions**, **celery**, and **garlic**, stirring occasionally, until **onions** start to turn translucent, 3 to 4 minutes. Add **water** 1 to 2 tablespoons at a time as needed, to keep vegetables from sticking. (no need for cooking oil)

Add **spinach (or chard or kale)** and sauté until wilted, 2 to 3 minutes.

Add **vinegar**, **maple syrup**, **mustard**, **thyme** and **pepper flakes** to skillet and cook until liquid has slightly reduced, 2 to 3 minutes. Remove from heat.

3. Mash Potatoes

Using a potato masher or a fork, mash **potatoes**, until **potatoes** reach desired consistency.

4. Combine

Mix **potatoes** with **vegetables** and season with salt and pepper to taste.

1 Cup of Mash & Kale provides:

General			
Energy	360.1	kcal	49%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	458.8	g	17%

Carbohydrates			
Carbs	83.0	g	101%
Fiber	10.8	g	51%
Starch	35.5	g	No Target
Sugars	23.8	g	No Target
Sugar Alcohol	0.6	g	No Target
Net Carbs	71.7	g	118%

Lipids			
Fat	1.2	g	4%
Monounsaturated	0.3	g	No Target
Polyunsaturated	0.3	g	No Target
Omega-3	0.1	g	5%
Omega-6	0.2	g	2%
Saturated	0.2	g	n/a
Trans-Fats	0.0	g	0.001 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	7.9	g	13%
Cystine	0.1	g	12%
Histidine	0.2	g	15%
Isoleucine	0.3	g	19%
Leucine	0.4	g	13%
Lysine	0.4	g	15%
Methionine	0.1	g	13%
Phenylalanine	0.3	g	25%
Threonine	0.2	g	17%
Tryptophan	0.1	g	32%
Tyrosine	0.2	g	19%
Valine	0.3	g	20%

Vitamins			
B1 (Thiamine)	0.3	mg	29%
B2 (Riboflavin)	0.5	mg	46%
B3 (Niacin)	4.1	mg	29%
B5 (Pantothenic Acid)	1.7	mg	35%
B6 (Pyridoxine)	1.1	mg	75%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	89.5	µg	22%
Vitamin A	1889.1	IU	81%
Vitamin C	68.1	mg	91%
Vitamin D	0.0	IU	0%
Vitamin E	0.7	mg	4%
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	0.2	mg	No Target
Vitamin K	130.8	µg	145%

Minerals			
Calcium	175.6	mg	22%
Copper	0.8	mg	88%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	5.7	mg	71%
Magnesium	120.3	mg	38%
Manganese	2.0	mg	109%
Molybdenum	0.0	µg	0%
Phosphorus	299.6	mg	43%
Potassium	2040.3	mg	43%
Selenium	4.6	µg	8%
Sodium	245.3	mg	19%
Zinc	3.0	mg	38%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity. Percentages are based on what a 150 pound person needs daily.