



Irish Colcannon

- 1 lb potatoes, sliced
- 2 medium parsnips, peeled and sliced
- 2 med leeks – chop whites & greens
- 1 cup milk
- 1 lb cabbage or kale
- ½ tsp ground nutmeg (I grate nut to be fresh)
- 2 cloves of garlic, minced
- 1 tsp salt
- ½ tsp pepper
- 2 Tbsp. butter
- 1 bunch fresh parsley, chopped for garnish (optional)

Three pots of cooking so like veggies will cook at the same rate. Cook the potatoes and parsnips in water until tender. Cook cabbage in water until tender, or steam. While those cook, simmer leeks in milk until soft.

Drain potatoes/parsnips, place in large bowl. Season with nutmeg, garlic, salt & pepper. Beat well. Add the cooked leeks and milk, stir to mix. Finally, add the drained cabbage and butter. The consistency should be smooth potatoes with well-distributed pieces of cabbage and leek. Sprinkle parsley on top.

Nice new combo for a healthier lifestyle, sneaking in green veggies!

For crock pot: layer veggies, starting with potatoes in crock pot to cook on low if all day. Depending on your crock pot, you may want to add 1 cup water. Drain veggies, season, blend with milk and butter and garnish as above.