


# Featured Vegetable

## **POTATOES**

Rich in vitamin C, phosphorus, & niacin

### Potato POW!!!!

Ingredients	Directions
<ul style="list-style-type: none"><li>• 6 kale leaves, ripped into small pieces.</li><li>• 6 medium potatoes</li><li>• 3 cloves garlic, minced</li><li>• 1/2 onion, diced</li><li>• salt &amp; pepper to taste</li></ul> <p>Optional:</p> <ul style="list-style-type: none"><li>• Add chopped fresh herbs</li><li>• serve with a fresh tomato salsa!</li></ul>	<ul style="list-style-type: none"><li>• Wash hands, wash everything!</li><li>• Boil potatoes in water until soft.</li><li>• Cool potatoes and shred with a cheese grater.</li><li>• saute onion and garlic on medium heat until translucent, about 5 minutes.</li><li>• Add potatoes and kale to pan, spread into an even layer, and cook, stirring every 3-4 minutes.</li><li>• Cook Potato Pow until potatoes begin to turn golden brown and crispy!</li><li>• salt and pepper to taste.</li><li>• Enjoy !!</li></ul> 

Potatoes are one of the most popular vegetables in the world! We love them mashed, smashed, baked, boiled, and roasted. Our favorite way to serve them however is with a little extra "POW!" from the powerful superfood KALE. Just 1 Cup of Kale adds 19 additional nutrients to your plate.