

# Colcannon (Irish Mashed Potatoes)

Colcannon is an Irish favorite that's a comforting blend of creamy mashed potatoes, warm, leafy greens, and a slab of buttery goodness.

PREP TIME: 15 mins COOK TIME: 25 mins

TOTAL TIME: 40 mins

COURSE: Side Dish CUISINE: Irish

KEYWORD: Colcannon, Colcannon Recipe

SERVINGS: 4 servings CALORIES: 447kcal

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★★★★★

5 from 12 votes

## Ingredients

- 2 pounds Yukon gold or Russet potatoes peeled and cut into chunks
- 6 tablespoons unsalted butter or ghee
- 4 cups (lightly packed) chopped kale or cabbage
- 3 green onions thinly sliced
- ½ cup milk any type works
- salt and pepper to taste

## Instructions

1. Place the potatoes in a large pot and cover with cold water, with about an inch of water above the potatoes. Bring to a boil and cook for 15-20 minutes, or until fork tender.
2. Meanwhile, melt the butter in a separate large pot over medium heat and add the chopped kale. Cook the kale for 3-4 minutes, until wilted. Add the green onions (reserve a small amount for garnish) and stir together for another minute.
3. Drain the potatoes in a colander, then add them to the kale. Pour in the milk, and season with salt and pepper. Mash the potatoes with the greens until fluffy and well combined.
4. Transfer the colcannon to a serving bowl and top with a light sprinkle of green onion and a pat of butter.

## Nutrition

Calories: 447kcal | Carbohydrates: 61g | Protein: 15g | Fat: 20g | Saturated Fat: 11g | Trans Fat: 1g | Cholesterol: 45mg | Sodium: 127mg | Potassium: 2146mg | Fiber: 5g | Sugar: 2g | Vitamin A: 24254IU | Vitamin C: 330mg | Calcium: 394mg | Iron: 5mg