

Red Potato Colcannon

From www.eatingwell.com

1 pound small red potatoes, scrubbed and cut in half
1 Tbsp butter
½ cup onion, thinly sliced
6 cups green cabbage, thinly sliced
1 cup low-fat milk
1 tsp salt
¼ tsp white pepper

- Bring 1 inch of water to a boil in a Dutch oven. Place potatoes in a steamer basket and steam, covered, until just cooked through, about 15 minutes. Transfer to a large bowl and cover to keep warm.
- Meanwhile, heat butter in a large skillet over medium heat. Add onion and cook until translucent, about 2 minutes.
- Add cabbage and continue cooking, stirring occasionally, until the cabbage begins to brown, about 5 minutes.
- Reduce heat to low. Stir in milk, salt and white pepper; cover and cook until the cabbage is tender, about 8 minutes.
- Add the cabbage mixture to the potatoes. Mash with a potato masher or a large fork to desired consistency.



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