

Greens and Potato Casserole



A hearty mix of kale, mustard greens, and potatoes makes for true comfort food on cold winter evenings.

Ingredients:

8 cups water

12 cups chopped kale

12 cups chopped mustard greens

6 cups sliced red potatoes

2 cups sliced onion

$\frac{3}{4}$ tsp. salt

1 cup shredded cheese (any variety)

$\frac{1}{2}$ cup vegetable broth

Directions:

Preheat oven to 350°

Bring water to a boil in a Dutch oven. Add kale and mustard greens and cook 5 minutes or until tender, stirring occasionally. Drain; set aside.

Arrange 2 cups potato slices in a single layer in a 13x9-inch baking dish coated with cooking spray; top with 1 cup onion slices. Sprinkle with $\frac{1}{4}$ tsp. salt; top with kale mixture with $\frac{1}{2}$ cup cheese. Repeat layers once, ending with the kale mixture. Top kale mixture with remaining 2 cups potatoes, and sprinkle with remaining $\frac{1}{2}$ cup cheese. Pour broth evenly over potato mixture and sprinkle with remaining $\frac{1}{4}$ tsp. salt.

Cover with foil. Bake at 350° for 45 minutes. Uncover and bake 30 minutes or until lightly browned and potatoes are tender.

Stuffed Sweet Potatoes

Serves 4



- 2 (6oz) baked sweet potatoes, halved lengthwise
- ½ cup drained fruit mix
- ¼ cup raisins
- 2 Tablespoons reduced fat margarine
- ½ tsp. pumpkin pie spice

Preheat oven to 400 degrees.

Scoop out pulp from potato halves into mixing bowl, leaving ¼ inch shells.

Mash pulp and reserve shells.

Add remaining ingredients to potato pulp, Stir to combine. Spoon potato mixture evenly into potato shells; place on baking sheet and bake until heated through, about 10 minutes.



*Per serving: 155 calories; 3 grams fat; 33 grams carbohydrates;
2 grams protein*

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