

Colcannon – FareStart recipe

Ingredients	50 Servings	100 Servings	25 Servings	Directions
Potatoes, Yukon Gold, fresh[§]	6 lb. 11 oz.	13 lb. 6 oz.	3 lb. 5 oz.	<ol style="list-style-type: none"> 1. Cook potatoes, mash with milk and butter and sit aside. 2. Chop cabbage, onion and leeks into bite sizes. 3. Sauté the cabbage in skillet until halfway cooked, add onions and cook for 3 min, add leeks and cook for 1 additional min. 4. Stir in the vegetable mix with mashed potatoes and season with salt and pepper. <p>❖ Serving Size: 4 oz (or ½ cup)</p>
Milk, 2%[§]	1 ¾ cup	3 ½ cup	7/8 cup	
Margarine/butter	3 ½ oz	7 oz	1 ¾ oz	
Cabbage, green, fresh[§]	3 lb. 5 oz.	6 lb. 11 oz.	1 lb. 10 oz.	
Onion, yellow, fresh[§]	1 lb. 10 oz.	3 lb. 5 oz.	13 oz	
Leeks, fresh[§]	13 oz	1 lb. 10 oz.	6 ½ oz	
Salt, kosher	1 ½ tsp	1 Tb	¾ tsp	
Black pepper, ground	To taste			

§WA product available when in season

Approximate preparation time: 30 min.

*Colcannon is an Irish dish

Tips & Variations:

- You can use **kale[§]** for cabbage to add vitamin A.
- To clean **leeks**: Remove green tops to within 2 inches of the white section. Peel off outside layer. Cut leek in half lengthwise and wash thoroughly under water to remove grit and soil between the layers.



Colcannon

Child Nutrition Program Food Components:

✓ ½ cup vegetable

Nutrients Per Serving:

Calories	83 kcal
% Calories from Fat	20 %
Total Fat	2 g
Saturated Fat	1 g
Trans fat	0 g
Cholesterol	1 mg
Sodium	87 mg
Total Carbohydrates	15 g
Dietary Fiber	3 g
Sugar	2 g
Protein	3 g
Vitamin A (240 IU)	6 %
Vitamin C (11 mg)	43 %
Calcium	8 %
Iron	18 %

👉 **Leeks** belong to the lily family, along with their close relatives onions, garlic, scallions, shallots, and chives. Milder and more refined in flavor than onions, leeks produce a pleasing aroma and sweeten as they cook. (And, there are no tears while cutting!) [ref: "From Asparagus to Zucchini - A Guide to Cooking Farm-Fresh Seasonal Produce (3rd Edition)"] **Leeks** are usually available from September through April in Washington, and perfect ingredients to feature in the midst of WA's winter when other WA produce is scarce.

👉 Storage Tips: Refrigerate **cabbage** in a hydrator drawer. A plastic bag will help retain moisture but is not necessary. Do not remove outer leaves before storage. Properly stored, **cabbage** can last 3 weeks to 2 months in the refrigerator.

notes

