**Colcannon**

**Ingredients**

**1 lb potatoes**

**1 lb kale (cabbage may be substituted)**

**Onion, or leek or callion (green onion)**

**¼ cup milk**

**Butter, salt and pepper**

**Directions**

**Peel and boil the potatoes. Chop the kale or cabbage fairly small, discarding the large stems. Steam until tender, about 8 minutes. Gently saute the onion (if desired) until golden but not too brown. Mash the potatoes well, and mix with the kale and onion. Add the milk (not too much, until moistened but not wet), and the butter, salt and pepper to taste. Bake in a medium oven for about 15 minutes.**