

Veggie Mash-Up

Irio, a simple dish of mashed potatoes, corn, and green vegetables is a traditional Kenyan dish. This delicious version of the recipe uses vegetables that are commonly available in the United States.

Makes: 6 servings **Prep time:** 15 minutes
Cook time: 20 minutes



the INGREDIENTS

- 2 cups** water
- 1 ¼ cups** potatoes, yellow, fresh, peeled, quartered (about 2 medium potatoes)
- ¾ cup** peas, green, canned, low-sodium, drained
- ½ tablespoon** canola oil
- 2 cloves** garlic, fresh, minced
(1 clove is about ½ teaspoon minced)
- 1 cup** Swiss chard, raw, chopped into long, thin strips (chiffonade), packed
- ½ cup** corn, canned, low-sodium, drained
- ¼ teaspoon** sage, dried, ground
- ¼ teaspoon** onion powder
- ¼ teaspoon** salt, table
- ¼ teaspoon** black pepper, ground

the DIRECTIONS

- 1.** Add the potatoes to a small stockpot, and cover completely with cold water (about 2 cups). Bring to a boil on medium–high heat. Boil for 10 minutes.
- 2.** Add the peas to the pot of boiling potatoes, and continue to boil the vegetables for an additional 5 minutes or until potatoes are tender. Heat to 140 °F or higher for at least 15 seconds.
- 3.** Turn stove off; drain the water from the potatoes and peas, reserving about ½ cup of cooking water.
- 4.** Mash potatoes and peas with a potato masher or mixer. Do not overmix. If mixture is too dry, add reserved water 1 Tbsp at a time until the desired consistency is reached.
- 5.** Heat oil in a medium sauté pan. Sauté garlic, Swiss chard, corn, sage, onion powder, salt, and pepper on medium–high heat until sage is toasted, 5–7 minutes.
- 6.** Stir the sautéed vegetables into the hot potato–pea mash.
- 7.** Serve ¼ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For ¼ cup.

Nutrients	Amount
Calories	58
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	150 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	15 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

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CACFP CREDITING INFORMATION

¼ cup provides ¼ cup vegetable.