



# GREENMARKET RECIPES FOR KIDS

**DID YOU KNOW: Potatoes** originated in Peru and the first varieties were purple? These mashed potatoes are delicious, rich in beta-carotene, and you'll love the amazing lavender color!

## Purple Mashed Potatoes SERVES 4

### INGREDIENTS:

- 2 lbs. Purple Peruvian, Adirondack Blue or Purple Majesty potatoes 🍷
- $\frac{2}{3}$  cup whole milk 🍷
- $\frac{1}{2}$  stick ( $\frac{1}{4}$  cup) butter 🍷
- 1 and  $\frac{1}{2}$  teaspoon salt
- $\frac{1}{4}$  teaspoon white or black pepper

🍷 *Ingredients available at Greenmarket*

### EQUIPMENT:

- Cutting Board and Knife
- Vegetable peeler
- Potato masher
- Large pot
- Measuring spoons
- Wooden spoon or rubber spatula
- Large measuring cup
- Colander
- Butter knife
- Small sauce pan
- Large bowl

### DIRECTIONS:

Peel all the potatoes with the vegetable peeler. Ask a grownup to help you cut the potatoes into 2 inch cubes. Put the potatoes into the large pot.

Put the pot on the stove, and add 5 cups cold water and 1 teaspoon salt. Have a grownup turn the stove on high and bring to a boil.

Once potatoes are boiling, turn the heat down to medium (ask a grown-up) and cook for about 20 minutes until very tender. Have grown-up test them to see if they are done, a fork should go through them easily.

Put the colander in the sink and have a grown-up drain the potatoes. Put the potatoes in a large bowl and cover to keep hot.

Measure the milk and salt and pepper and add them to the small saucepan. Using the butter knife, cut a stick of butter in half and add one half to the pan. Put the pan on the stove and have a grown-up turn it on medium heat and stir.

Once the milk is hot and the butter has melted (3-5 minutes), have a grownup help you pour it onto the potatoes. Using the potato masher mash the potatoes with the milk and butter until almost smooth. Stir with the spoon or spatula to finish.

