

Spinach and Potato Nuggets

Servings: 12

prep & cook time: 1 hour

INGREDIENTS

- 2 cups finely chopped potatoes
- 1 teaspoon extra-virgin olive oil or canola oil
- 1 clove garlic minced
- Small hand full of fresh chives
- 4 cups loosely packed coarsely chopped spinach
- 1/8 cup almond/soy milk
- 1/4 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- Vegetable oil spray as needed for the air fryer (you can cook with out using the oil)

INSTRUCTIONS

1. Add the potatoes to a large saucepan of boiling water. Cook until tender, about 30 minutes.
2. In a large skillet, heat the oil over medium-high heat. Add the garlic and sauté until golden brown. Add the spinach and chives; and sauté for 2 to 3 minutes. Transfer to a large bowl.
3. Drain the cooked potatoes and transfer them to a medium bowl. Add the milk, salt, and pepper and mash with a fork or potato masher. Transfer the potatoes to the large bowl and combine with the cooked kale. Preheat the air fryer to 390°F for 5 minutes.
4. Roll the potato and kale mixture into 1-inch nuggets. Spritz the air fryer basket with vegetable oil. Place the nuggets in the air fryer and cook for 12 to 15 minutes, until golden brown, shaking at 6 minutes.

Review:

Process: Easy Medium Hard

Comment-

Taste:   

Comment-