

Makes: 8 servings



Ingredients:

- ♥ 1 lb. Yukon Gold potatoes, peeled and chopped
- ♥ 1 lb. celery root, peeled and chopped
- ♥ 2 cups 1% milk
- ♥ Salt (optional) and pepper to taste
- ♥ 3 cups kale
- ♥ 1 bunch scallions, chopped
- ♥ 6 Tbsp. D'Avolio Butter Extra Virgin Olive Oil
- ♥ 2 large shallots
- ♥ 3 carrots, chopped
- ♥ 2 Tbsp. all-purpose flour
- ♥ 1 cup low-sodium chicken broth
- ♥ 1 ½ lbs. boneless, skinless chicken thighs, cut into ½ in pieces
- ♥ ¼ cup chives
- ♥ ¼ cup parsley

PREPARATION:

1. Combine the potatoes, celery root, milk, salt (optional) and pepper in a pot. Bring to a boil then reduce the heat to low. Cover and cook until the vegetables are soft, but not falling apart, about 15 minutes. Stir in the kale and scallions and cook for about 6 minutes.
2. Drain the vegetables and reserve the milk in a separate bowl. Return the vegetables to the pot and add 4 Tbsp. D'Avolio olive oil and ½ cup of the reserved milk. Mash to combine, adding up to ¼ cup more milk if needed.
3. Preheat the oven to 400°F. Heat the remaining 2 Tbsp. D'Avolio Butter Extra Virgin Olive Oil in a pan over medium heat. Add the shallots, carrots, and salt (optional) and pepper to taste. Cook until soft, about 15 minutes. Sprinkle in the flour and cook, stirring, for 1 minute.
4. Then, stir in the chicken broth into the pan with the vegetables. Bring to a boil, then reduce the heat to medium-low, stir in the chicken and simmer until just cooked through, about 8 minutes. Remove from the heat and add chives and parsley.
5. Divide the chicken mixture into eight 12 oz. casserole dishes or ramekins. Dollop kale mashed potatoes on top, and spread with the back of a spoon. Bake until bubbling around the edges and the top is browning in spots, about 20 minutes. Allow dish to rest for 5 minutes and serve.

Nutrition Facts	
Serving Size: 1 serving (356.6g)	
Servings: 1	
Amount Per Serving	
Calories 380	Calories from Fat 180
% Daily Value*	
Total Fat 19g	30%
Saturated Fat 4.5g	22%
Trans Fat 0g	
Cholesterol 105mg	35%
Sodium 210mg	9%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 29g	
Vitamin A 160%	• Vitamin C 80%
Calcium 15%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	

