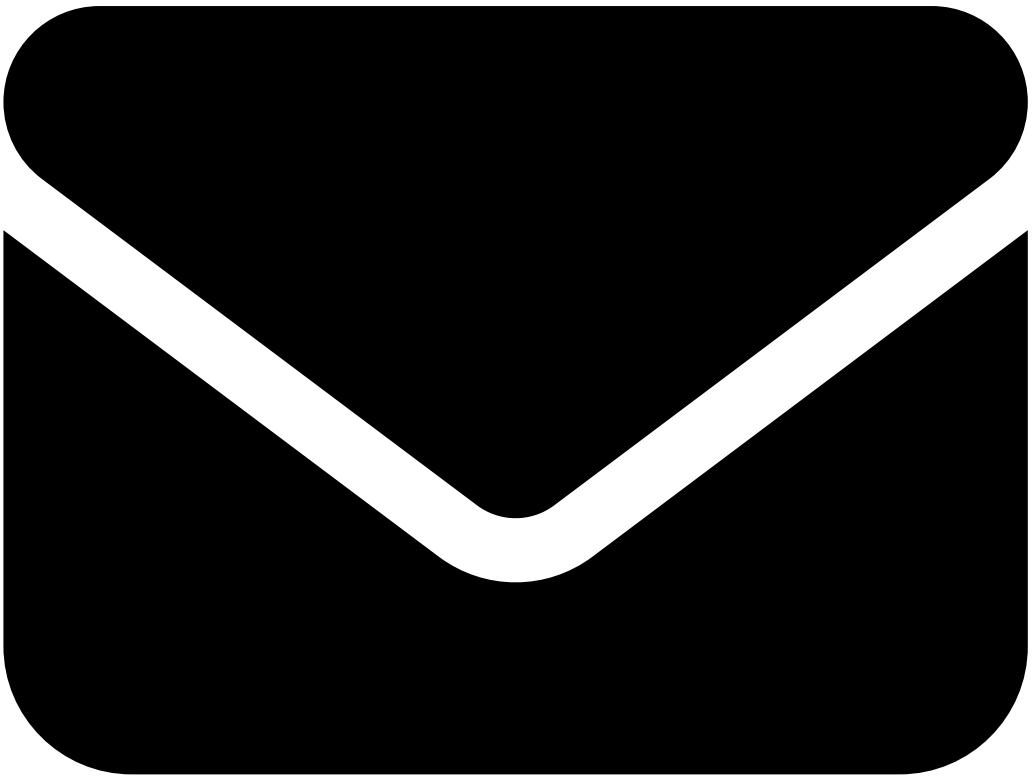
# Italian Kale and Potatoes

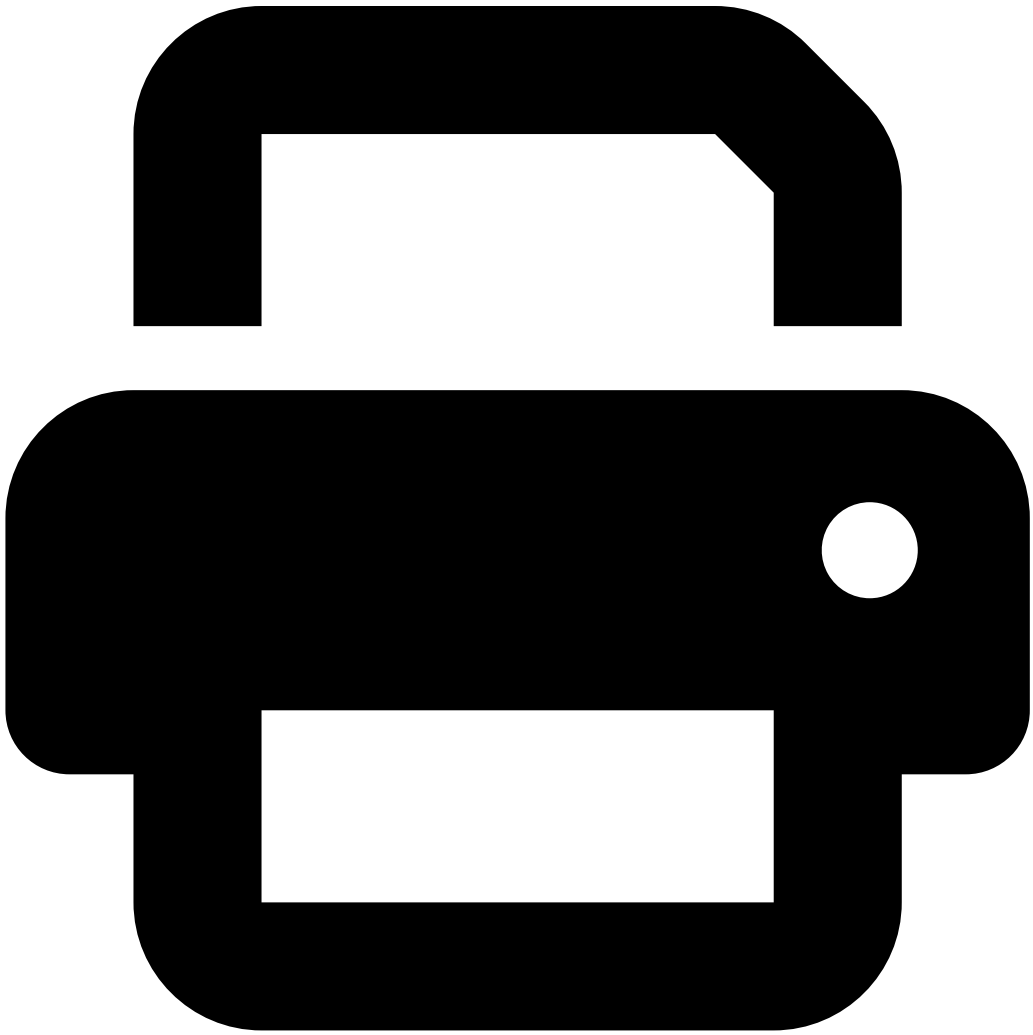
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Tuscan Kale and Potatoes is one of those dishes that reminds us how beautiful simple food can be. In Tuscany, cooking has always been about making the most of what’s growing in the garden and what’s in the pantry. Hearty greens like Tuscan kale — often called lacinato or dinosaur kale — have been a staple in the region for centuries, especially in rustic, peasant-style cooking known as *cucina povera*.

Potatoes, introduced to Italy in the 16th century, eventually became a beloved part of country cooking because they were filling, affordable, and easy to grow. Pair them with sturdy kale, good olive oil, and garlic, and you have the foundation of countless traditional Tuscan dishes — simple, nourishing, and deeply satisfying.

This version adds blistered cherry tomatoes for a little sweetness and brightness, but the heart of the dish stays true to its roots: humble ingredients treated with care. It’s the

kind of food that feels like it belongs on a farmhouse table, served family-style with warm bread and good conversation.

## Things to know about this Italian kale and potatoes

- **Don’t skip parboiling** – it ensures the potatoes are creamy inside and golden when sautéed.
- Tuscan kale (also called lacinato or dinosaur kale) holds its texture beautifully in this dish.
- Want to make it heartier? Add white beans or top with a fried egg.
- This dish reheats beautifully the next day.

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## Serving Ideas

This pairs beautifully with:

- Grilled chicken
- Italian sausage
- Pan-seared fish
- Or simply warm crusty bread and good olive oil

It’s also delicious served at room temperature, making it perfect for gatherings.

## Storage

Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat gently in a skillet with a drizzle of olive oil.

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# Final Thoughts

This is the kind of rustic Italian cooking that proves you don’t need complicated ingredients to create something deeply satisfying. Just good olive oil, fresh vegetables, and a little care.

If you make this Tuscan Kale and Potatoes, let me know in the comments — and don’t forget to share it with someone who loves simple Italian cooking 

# Bring Rustic Italian Cooking Home

If you loved this Tuscan Kale and Potatoes, you’re going to enjoy some of my other simple, rustic Italian dishes that celebrate humble ingredients and big flavor.

For another cozy vegetable-forward dish, try my **Italian Spaghetti Frittata** — it’s a beautiful way to transform simple ingredients into something special.

If you’re looking to make this a complete meal, serve it alongside my **Italian Meatloaf with Potatoes** for a hearty Sunday-style dinner.

Or keep things classic with my **cod Francese**

And if you love traditional pasta shapes, don’t miss my **Southern Italian Cavatelli** – perfect for pairing with greens and olive oil-based sauces.

Simple ingredients. Timeless recipes. Real Italian flavor.

If you make this dish, leave a comment below and let me know how you served it – I love seeing how these recipes come to life in your kitchen 

# Italian Kale and Potatoes



Golden potatoes, tender Tuscan kale, and juicy blistered cherry tomatoes tossed with garlic and a little heat . Simple ingredients, big Italian flavor.

- 1 1/2 lbs. potatoes (cubed)
- 1 large bunch Tuscan kale
- 3 Tbsp extra virgin olive oil
- 1 cup cherry tomatoes
- 1 Tbsp. garlic (minced)
- 1 tsp. red pepper flakes

- 1 cup white wine
- salt and pepper to taste

1. ## Parboil the Potatoes

   Bring a large pot of salted water to a boil. Add the cubed potatoes and cook for about 8–10 minutes, just until fork-tender but not falling apart. Add the kale and cook 5 minutes longer Drain and set aside.

2. ## Blister the Tomatoes

   In a large skillet over medium heat, add 1 tablespoon olive oil. Add the cherry tomatoes and cook undisturbed for 3–4 minutes until they begin to blister and burst.

3. ## Sauté the Garlic and Kale

   In the same skillet, add the remaining olive oil. Add the sliced garlic and red pepper flakes, cooking for about 30 seconds until fragrant.

   Add the chopped Tuscan kale and a pinch of salt. Sauté for 4–5 minutes until wilted and tender. deglaze the pan with the white wine

4. ## Bring It Together

   Add the drained potatoes back to the skillet. Gently toss everything together and cook for another 3–5 minutes to allow the flavors to meld.

   Fold in the blistered cherry tomatoes. Season with salt and black pepper to taste.

   Finish with freshly grated Pecorino Romano if desired.

Main Course
Italian
Italian, Tuscan, Kale