

Kale with Apples

Beth Knorr

1 pound of kale, stems removed and coarsely chopped
1 tablespoon extra virgin olive oil
2/3 cup water
2 tart apples, sliced
2 tablespoons cider vinegar
4 teaspoons mustard seeds
2 teaspoons honey or brown sugar
pinch of salt

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Countryside Farmers' Markets**

Makes 4 servings

Heat oil in a Dutch oven over medium heat. Add kale and cook, stirring frequently, until bright green. Add water, cover and cook for about 3 minutes, stirring occasionally. Add apples, return lid and cook until the kale is tender, 5-10 minutes more. Whisk vinegar, mustard, honey and salt in a small bowl. Add mixture to kale, increase heat to high and cook uncovered until the liquid is nearly all evaporated, about 3 minutes.

Note: Collards or Swiss Chard can also be used in this recipe; Swiss Chard will take less time to cook.

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