



Food Fest-Back to Basics

Braised Apple and Kale



Ingredients

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| 1 tablespoon olive oil | 1 tablespoon butter |
| 1 small onion, thinly sliced* | 2 garlic cloves, minced* |
| 1/4 cup apple cider or broth (vegetable or chicken) | 1 tablespoon apple cider vinegar* |
| Salt and pepper, to taste | |
| 1 large apple (Honeycrisp, Gala, or Fuji work well), cored and sliced* | |
| 1 bunch of kale, washed and stems removed, chopped into bite-sized pieces* | |

Optional: A pinch of crushed red pepper flakes for heat*

Optional: 1 tablespoon of honey or maple syrup for extra sweetness*

Optional: Toasted nuts (like pecans or walnuts) for garnish

*Ingredients found at the market (some ingredients are seasonal)

Instructions

1. Sauté Aromatics: In a large skillet or sauté pan, heat the olive oil and butter over medium heat. Add the onion and cook until softened, about 3-5 minutes. Add the garlic and cook for another minute, until fragrant.
2. Add Apples: Add the apple slices to the pan and cook until they start to soften, about 3 minutes.
3. Add Kale and Braising Liquid: Stir in the chopped kale, apple cider (or broth), and apple cider vinegar. Cover the pan and reduce the heat to low. Let it braise for 10-15 minutes, stirring occasionally, until the kale is tender and the flavors have melded together.
4. Season and Sweeten: Remove the lid, season with salt and pepper to taste, and add the optional honey or maple syrup if desired. Stir well to combine.



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Chef Notes
