



A Recipe from the

Kale with Sauteed Apple and Onion

Courtesy of Gourmet Magazine

Serves 2

Ingredients

Active time: 15 min Start to finish: 15 min

ingredients

1 Granny Smith apple

2 tablespoons olive oil

1 medium onion, cut into 1/4-inch wedges

1/4 teaspoon curry powder

1 lb kale, tough stems and ribs removed and leaves coarsely chopped

1/2 cup water

Directions

Peel, quarter, and core apple, then cut into 1/4-inch-thick wedges.

Heat oil in a 5-quart pot over moderately high heat until hot but not smoking, then sauté onion, stirring occasionally, until golden. Add apple and curry powder and sauté, stirring, until apple is almost tender, about 2 minutes.

Add kale and water and cook, covered, stirring occasionally, until kale is tender and most of liquid is evaporated, about minutes.

Season with salt.

Takoma Park Farmers Market