Sweet Apple Walnut Kale

**Ingredients**

- 1 bunch kale, washed and torn into bite-size pieces
- 1 tablespoons organic butter or extra virgin olive oil
- 1/2 organic apple, very thinly sliced
- 1/3 cup walnuts, coarsely chopped
- 1 tablespoon unrefined cane sugar or brown sugar
- 2-3 tablespoons apple juice or cider
- 1 tablespoon tamari
- 1 tablespoon unfiltered apple cider vinegar

**Directions**

1. Pull away kale leaves from the stems before washing. Wash carefully by filling your sink with cold water and submerging the greens. If the water has sediment, drain the sink and repeat. Tear leaves into bite-size pieces.

2. Melt butter or heat olive oil in a large skillet over medium-low heat. Add apple and walnuts, and sauté for a few minutes. Sprinkle cane sugar over the apple and walnuts and stir so they are evenly coated. When apple is softened, add kale leaves and sauté over medium heat until leaves begin to turn brilliant green.

3. In a small bowl, combine juice and tamari. Pour into skillet. Cover tightly. Cook until leaves are tender, 5-7 minutes. Taste to check for doneness: greens should be tasty, not bitter; still green, not gray. Dress with vinegar before serving.

Recipe modified by Leigh Wagner, taken from: *Feeding the Whole Family* by Cynthia Lair. See blog: http://www.cookusinterruptus.com/