

Ingredients:

- 1/4 cup sliced almonds
- 1/3 cup chopped onion
- 1/2 teaspoon olive oil
- 1 bunch kale (about 6 ounces), chopped, (large stems removed)
- 2 cups diced red apple
- teaspoon salt
- teaspoon black pepper



Directions:

1. Wash hands with warm water and soap.
2. Wash fresh vegetables before preparing.
3. Heat non-stick skillet over medium high heat.
4. Add oil and onion. Cook stirring occasionally for 5 minutes.
5. Add apples and cook for 5 more minutes stirring occasionally.
6. Add kale and cook for about 5 minutes or until kale is bright green in color and has wilted slightly. Add salt and pepper to taste, sprinkle almonds over the top and serve.

Nutrition Facts (Per Serving)

Calories, 150; Carbohydrate, 28 g; Protein, 11 g; Total Fat, 4 g; Saturated Fat, 1 g; Trans Fat, 0 g; Cholesterol, 5 mg; Fiber, 5 g; Total Sugars, 14 g; Sodium, 240 mg; Calcium, 130 mg; Folate, 34 mcg; Iron, 1.7 mg; Calories from Fat, 24%.

Makes: 2 servings

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.