

Kale with Fried Green Apples

Tonight you'll enjoy Lacinato or Dino kale with fried green apples that have just a whisper of cinnamon.

The greens are cooked with fresh basil and combined with dried tart cherries. They're served with sliced chicken or chickenless tenders and toasted almonds. It's all presented over a bed of high-protein quinoa.

Preparation time: 40 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Be sure to toast sliced almonds as part of prep.

Quinoa

1 C. dry quinoa
2 C. water
pinch of salt

Plant-based Choice or Optional Chicken

Plant-based Choice:

5 chickenless tenders

- or -

Optional Chicken:

1 chicken breast

1 tsp. olive oil

1/2 C. white wine

salt and pepper

Sauteéd Kale

Sauteéd Kale

1 tsp. olive oil

1 tsp. low-sodium soy sauce

2 T. balsamic vinegar

2/3 C. low-sodium vegetable broth

1 clove garlic (smashed and chopped)

1/2 C. onion (chopped)

1/2 C. dried tart cherries

one bunch Lacinato or Dino kale (stems and leaves
chopped separately)

1/4 C. fresh basil leaves (chopped)

Garnish:

3 T. sliced almonds (toasted)

4 tsp. crumbled Gorgonzola or blue cheese

Fried Green Apples

2 tsp. canola oil

1 Granny Smith Apple (quartered,
cored and sliced)

1/4 C. white wine

dash of cinnamon

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by cooking quinoa. Bring the quinoa and salted water to a hard boil. Turn off heat, cover and leave on burner until ready to dine.

Chicken or Plant-based Choice

Plant-based Choice:

Place tenders on a cookie sheet and bake 8 minutes per side at 375°. Allow to cool and slice before arranging over greens.

- or -

Optional Chicken:

Brown chicken breast in oil. Add 1/2 C. white wine to pan, cover and cook 5 minutes per side over medium-low heat. Salt and pepper to taste. Let cool and slice before arranging over greens.

Fried Green Apples

1. Heat oil in a 10" sauté pan until it begins to shimmer. Reduce heat to medium-high.
2. Add apple slices and sear just long enough to lightly brown slices on both sides.
3. Add wine and toss as wine quickly cooks away. Remove from heat.
4. Sprinkle with a dash of cinnamon and set aside.

Sauteéd Kale and Plate the Meal

1. Measure oil, soy sauce, vinegar and broth into a large, heavy-bottomed pan or kettle.
2. Bring to a boil. Add garlic, onion, dried cherries and chopped stems. Sauté 10-minutes over medium heat.
3. Add chopped kale leaves and chopped basil. Toss 4 more minutes over medium heat. Add a little more broth if the pan cooks dry.

Plate the Meal:

Mold 2/3 C. cooked quinoa per serving into a soup ladle or a small bowl and place shaped quinoa mound on dinner plates. Divide kale between plates and arrange around quinoa mound. Arrange tenders (or chicken) over kale on plates. Fan apple slices over each serving. Drizzle a few Tbls. of extra liquid from pan over quinoa. Garnish with toasted almonds and cheese crumbles.

What I've Learned from this Recipe

A note about using Gorgonzola or blue cheese as a garnish. I try to keep the volume of cheese low as it can overpower the other flavors if too much is used.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com