

Our State eats

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Wilted Kale Salad *with Apples & Pecans*

Yield: 4 servings.

- 2** tablespoons extra-virgin olive oil
- 2** large apples, cored and cut into 1-inch cubes
- ¼** cup pecan halves
- 1** pound kale, de-stemmed and chopped
- ¼** teaspoon kosher salt
- ¼** teaspoon red pepper flakes

In a Dutch oven over medium-high heat, add olive oil and sauté apples for 4 minutes. Add pecans to pan and cook for 1 additional minute. Add kale and cook for 3 to 5 minutes or until kale wilts. Season with salt and red pepper. May be served hot or cold.



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