

## Greens and apples

Number of servings: 5

Preparation time: 15 minutes

Total time: 30 minutes

### Ingredients:

- ¼ cup of raisins
- 2 bunches of Swiss chard or kale
- 1 large onion, chopped
- 2 red apples, cored and chopped
- 1 tablespoon soy sauce
- 1 tablespoon vinegar
- Salt and pepper to taste
- 4 slices of bacon

### Equipment Needed:

- Cutting board
- Knife
- Bowl
- Large non-stick sauté pan
- Wooden spoon
- Measuring spoons and cup

### Directions

- Place the raisins in a small bowl and pour enough hot water on them just to barely cover. Set aside.
- Cut the stems off of the chard. Trim and discard the bottoms of the stems if they're dry, and chop the stems into 1/4-inch slices. Set the sliced stems aside. Cut the leaves in half lengthwise and then slice into 1/2-inch strips. Keep the sliced leaves separate from the stems.
- Heat a deep sauté pan. Add bacon to pan and cook until crispy. Place on a paper towel to drain fat. Remove fat from pan and wipe it out with a paper towel.
- Return pan to heat. Add the onions and cook, stirring, until they begin to brown. (If necessary, add water a tablespoon at a time to prevent sticking.) Add the chard stems and apples and cook for another 2 minutes.
- Drain the raisins, reserving the water. Add the raisins and the chard leaves to the pan and stir well. Add 1 tablespoon of the raisin water to the pan and cover tightly. Stirring every minute or two, cook until the chard is tender, about 6 minutes. Remove the lid and cook briefly to boil off any excess moisture. Remove from the heat, stir in the soy sauce and vinegar, and add salt and pepper to taste. Crumble bacon and sprinkle over the top.

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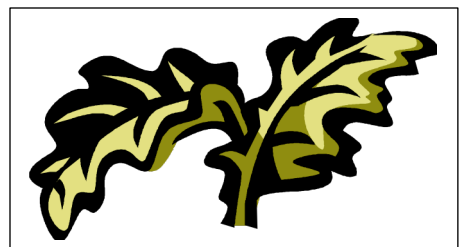
### Nutrition Facts

Serving Size: 1.5 cups  
 Recipe makes 5 servings

**Calories 96**

Calories from Fat 23

Amount Per Serving	%DV
Total Fat 3g	4%
Saturated Fat 1g	5%
Monounsaturated Fat 1g	
Trans Fat 0g	
<b>Cholesterol</b> 4mg	1%
<b>Sodium</b> 339 mg	14%
<b>Potassium</b> 214 mg	6%
<b>Total Carbohydrate</b> 17g	6%
Dietary Fiber 2g	5%
Protein 1g	2%
Vitamin A	3%
Vitamin C	14%



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