



Braised Fennel and White Beans

- 1 Tbsp olive, canola, or vegetable oil
- 1 medium fennel bulb, trimmed, halved lengthwise and cut crosswise into ¼ inch-thick slices (about 3 cups)
- 1 medium red onion, halved lengthwise and cut lengthwise into ¼ inch-thick slices (about 2 cups)
- 1 can (15.5 oz) white beans
- 1 cup homemade or low-sodium chicken stock
- 1 tsp dried oregano, or 2 tsp chopped fresh oregano
- 2 Tbsp red wine vinegar
- ½ tsp salt
- Ground pepper to taste

1. Heat oil in a large, heavy sauté pan over medium-high heat. Add fennel and onion; cook, stirring occasionally, until tender and edges are browned, about 10 minutes.
2. Add beans, stock, oregano, salt and pepper. Cook, stirring occasionally, until liquid has reduced by about half, 3-4 minutes. Stir in vinegar; remove from heat.



Makes: 4 servings

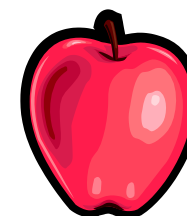
Nutrition Information:

CALORIES 220 (16% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 350mg; CARBOHYDRATE 35g; FIBER 9g; PROTEIN 12g; CALCIUM 15%; IRON 25%



Caramelized Apples

- 2 Tbsp butter
- 2 sweet, crisp apples (such as Honeycrisp or Crispin), peeled and cut into ½ inch cubes
- 1 Tbsp granulated sugar, divided
- ½ tsp ground cinnamon
- ¼ tsp lemon zest
- 1/3 cup apple cider
- ½ tsp cornstarch, as needed



1. Melt the butter in a large skillet over medium heat. Add the apples and sprinkle with ½ Tbsp sugar. Sauté apples, stirring frequently, for 6-8 minutes, until begin to tenderize.
2. Sprinkle apples with remaining sugar, cinnamon, and lemon zest. Gently toss the mixture. Cooked over medium heat for additional 2 minutes, until sugar begins to caramelize and apples are crisp-tender.
3. Transfer apples to serving bowl. Turn heat to high and add apple cider to the skillet, scraping up any browned bits. Reduce heat and allow cider to simmer for 1-3 minutes, until thickened slightly. If a thicker sauce is desired, dissolve the cornstarch in a tsp of water and stir into sauce. Pour finished sauce over warm apples and serve.

Makes: 6 servings

Nutrition Information:

CALORIES 80 (44% from fat); FAT 4g (sat 2.5g); CHOLESTEROL 10mg; SODIUM 0mg; CARBOHYDRATE 13g; FIBER 2g; PROTEIN 0g; CALCIUM 0%; IRON 0%