

Caramelized Apples and Onions



This recipe makes for a great addition to simply cooked chicken or pork tenderloin. Try serving on whole wheat toast for a sweet and savory snack or appetizer.

YIELD 8 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

1 Tbsp	Olive Oil
1 each	Onion, thinly sliced
1 each	Apple, any variety, thinly sliced
½ Tbsp	Apple Cider Vinegar
¼ cup	Pecans, chopped
¼ tsp	Kosher Salt
¼ tsp	Black Pepper
2 Tbsp	Feta Cheese, crumbled

CHEF'S NOTES

Nuts like pecans and walnuts are a great source of Omega-3s, which are necessary for your brain to thrive!

Apples come in many varieties that are affordable and typically available year-round. Using your favorite sweet apple such as Honeycrisp, Fuji, Gala or Red Delicious will make this dish have the perfect balance of sweet and savory flavors. If you like a tarter flavor, you can try a Granny Smith. Check out your favorite farmer's market and grocery store to see what's available!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Heat a large sauté pan over medium high heat. Once the pan is hot, add the oil then the onion. Sauté onion until softened and lightly browned, about 3 minutes.
3. Add the apple, and cook until softened and lightly browned, about 2-3 minutes. Then add the pecans and stir for 1 minute.
4. Add the vinegar, salt, and black pepper, stirring to combine evenly and scrape up the brown bits from the bottom of pan.
5. Remove the pan from the heat and add the feta cheese stirring to combine. Enjoy!

Nutrition Facts

8 servings per container

Serving Size 1/2 cup (42 g)

Amount per serving

Calories 60

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 95mg 4%

Total Carbohydrate 4g 0%

Dietary Fiber less than 1g 3%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g 2%

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.12mg 0%

Potassium 57mg 0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

