



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Vegetable: **Kale**

Kale Apple Cake

Ingredients:

2 cups fresh kale, stems removed and roughly chopped
1 Tbs lemon juice
3 apples, cored, and sliced into thin wedges
½ cup unsalted butter, softened
1 ¼ cup sugar
3 eggs
2 cups all-purpose flour
2 tsp baking powder
½ tsp salt
1 tsp vanilla paste
½ cup milk
¼ cup sliced almonds
powdered sugar for sprinkling

Directions:

Preheat your oven to 350F. Grease or fit a sheet of parchment paper inside a 10-inch springform pan, set aside.

Steam or lightly boil the kale for about 2 minutes. The kale should be tender. Rinse the kale leaves then puree in a blender with a spoonful of water until smooth. Don't add more water as the kale will release its own juices.

You can peel the apples but I like to keep the skin on for the added health benefit and it makes for a more rustic presentation once the cake has baked. In a medium sized bowl, toss the apple slices and lemon juice together and set aside.

In another medium sized bowl combine the flour, baking powder, and salt until well incorporated, set aside.

In a large bowl, beat together butter and sugar, until smooth. Add the eggs and beat until fluffy. Add the kale puree and vanilla. Slowly add the milk, mixing for another minute until the batter is smooth. The batter should be thick. Do not add any more milk. The apples will release their juices during the baking process. Pour the batter into a greased 10" springform baking pan. Arrange the apple slices into the batter, pushing them into the batter slightly. Sprinkle the almonds evenly over the cake batter. Bake the cake for 35-45 minutes, until a toothpick inserted in the center of the cake (not into an apple) comes out clean. Remove the cake from the oven and cool for 15 minutes in the pan. Detach the wall of the springform pan. Dust the cooled cake with powdered sugar before serving.