



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Kale**

Kale Apple Cake

Ingredients:

2 cups fresh kale, stems removed and roughly chopped
2 cups flour
3 apples, cored, and sliced into wedges
1 ¼ cup sugar
½ cup unsalted butter, melted
½ cup milk
3 eggs
1 Tbs lemon juice
2 tsp baking powder
1 tsp vanilla extract
½ tsp salt
¼ cup sliced almonds (optional)
powdered sugar for sprinkling(optional)

Directions:

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

Steam or lightly boil the kale for about 2 minutes. The kale should be tender. Puree the kale leaves in a blender with a spoonful of water until smooth. Don't add more water as the kale will release its own juices. (Now if your blender isn't breaking up the kale easily, you can use the milk at this step instead of later to blend the kale if it makes it easier to puree)

In a mixing bowl whisk together the flour, sugar, baking powder, and salt. Beat in the eggs, kale puree, vanilla, lemon juice, and milk, mixing until the batter just combined. Pour in the cooled melted butter and beat until well incorporated. Pour the batter into the prepared baking pan. (If the batter is thick, this is ok. The apples will release juices as the cake bakes.) 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.