**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%

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**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%