

Sweet-and-Sour Marigolds

Ingredients:

- 1 onion, diced
- 1/2 cup mushrooms, sliced
- 3 tablespoons butter, unsalted
- 2 apples, cored and sliced
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 tablespoons honey
- 1/4 cup water
- 1/3 cup dry white wine vinegar
- 2 cups marsh marigold leaves, cooked, chopped, drained

Directions

1. In a large skillet, sauté onions and mushrooms in melted butter.
2. Add apples, cinnamon, nutmeg, honey, water, and white wine vinegar; stir well. Simmer 10 minutes.
3. Add marsh marigold leaves on low heat for additional 10 — 15 minutes. Serve immediately. Serves 3.

Nutrition Facts

Serving Size (325g)

Servings Per Container 6

Amount Per Serving

Calories 250 **Calories from Fat 110**

% Daily Value*

Total Fat 12g **18%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 30mg **10%**

Sodium 10mg **0%**

Total Carbohydrate 38g **13%**

Dietary Fiber 6g **24%**

Sugars 27g

Protein 3g

Vitamin A 20% • **Vitamin C 40%**

Calcium 8% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

