



# Apples



**FOR CACFP USE**

## RECIPE: Spiced Apples

## RECIPE: Apple Salad

**YIELD: 6 Servings | 1 Serving Provides ½ cup fruit**

INGREDIENTS	WEIGHT
Apples, fresh	10 ⅞ oz
Raisins, Seedless, unsweetened	2 oz
Yogurt, vanilla, low fat	2 ¾ oz

### PREPARATION

- With gloved hands, wash and core apples, do not peel. Chop into bite size pieces. Add raisins and yogurt. Mix well.  
CCP: Hold at 41 °F or lower.
- Serve cold with #8 scoop (1/2 cup)

Source: Healthier Kansas Menus (Ohio Dept. of Education)

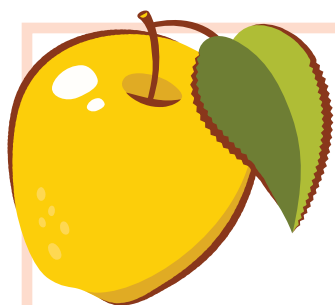
**YIELD: 6 Servings | 1 Serving Provides ½ cup fruit**

INGREDIENTS	WEIGHT	MEASURE
Apple Slices, canned, unsweetened	1 lb + 9 ½ oz	
Brown sugar, packed	3 ⅞ oz	
Ground cinnamon		1 ⅞ tsp
Flour	1 oz	

### PREPARATION

- Mix all ingredients thoroughly.
- Transfer to baking dish
- Bake in 350° oven for 1 hour.  
CCP: Heat to internal temperature of 160°F.  
CCP: Hold at or above 135°F before and during service.
- Portion ½ cup (#8 scoop) per serving.

Source: Iowa Gold Star Recipes



## RECIPE: Harvest Spinach and Apple Chicken Salad

**YIELD: 6 Servings | 1 salad provides: 2 oz eq meat, ⅓ cup fruit, ¾ cup dark green vegetable**

INGREDIENTS	WEIGHT
Grilled teriyaki chicken tenders, ¾ oz each	13 ½ oz
Romaine lettuce, chopped	8 oz
Apples, unpeeled, diced into ½ inch cubes	13 ¼ oz
Baby spinach, fresh leaves, ready to use	15 ⅜ oz
Cheddar cheese, reduced-fat, shredded	3 oz
Dried cranberries	1 ⅞ oz

Source: ICN Recipe Box

### PREPARATION

- Bake teriyaki chicken according to package directions and cut into ½-inch slices. Refrigerate.  
CCP: Heat to 165°F for at least 15 seconds.  
CCP: Cool to 41°F or lower within 4 hours.
- Wash Romaine lettuce.
- Dice apples into ½ - inch cubes and soak in a combination of lemon juice and water.
- Arrange the desired number of serving containers on a prep table.
- Drain apples using a colander and place on a sheet tray allowing to dry.
- Combine spinach and romaine in a bowl and hand-mix using gloves.
- Portion 2 cups (3.9 oz) of the salad mixture into each container.
- Arrange 2 ¼ oz diced chicken, 1 Tbsp cheese, 1 Tbsp dried cranberries and 2 oz of diced apples on each salad.
- Cover and refrigerate until service. CCP: Hold cold at 41°F or lower.