



Apples



FOR SCHOOL USE

RECIPE: Spiced Apples

RECIPE: Apple Salad

YIELD: 100 Servings | 1 Serving Provides ½ cup fruit

INGREDIENTS	WEIGHT MEASURE
Apples, fresh, #125-138, AP	10 lb 8 oz
Raisins, Seedless, unsweetened	2 lb
Yogurt, vanilla, low fat	2 lb 8 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)

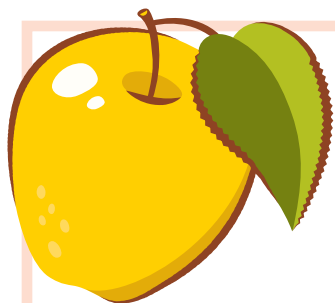
YIELD: 100 Servings | 1 Serving Provides ½ cup fruit

INGREDIENTS	WEIGHT	MEASURE
Apple Slices, canned, unsweetened	26 lb 8 oz	4 No 10 cans
Brown sugar, packed	4 lb	8 ¼ cups
Ground cinnamon		½ cup
Flour	1 lb	1 qt

PREPARATION

- Mix all ingredients thoroughly.
- Transfer to steam table pans.
- 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



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.

RECIPE: Harvest Spinach and Apple Chicken Salad

YIELD: 100 Serving | 1 salad provides: 2 ½ oz eq meat, ⅓ cup fruit, 1 cup dark green vegetable

INGREDIENTS	WEIGHT	MEASURE
Grilled teriyaki chicken tenders, ¾ oz each	14 lb 1 oz	300 each
Romaine lettuce, chopped	8 lb 4 oz	6 gal 1 qt
Apples, unpeeled, diced into ½ inch cubes	13 lb 12 oz	3 gal 2 cups
Baby spinach, fresh leaves, ready to use	16 lb	6 gal 1 qt
Cheddar cheese, reduced-fat, shredded	3 lb 2 oz	3 qt ½ cup
Dried cranberries	1 lb 15 oz	1 qt 2 ¼ cup