



Harvest of the Month

# APPLES



## RECIPE: WALDORF FRUIT SALAD

YIELD: 50 - 1/3 cup SERVINGS

### INGREDIENTS

- 2 lbs 2oz fresh apples, cored, unpeeled, diced
- 1/4 cup frozen lemon juice concentrate, reconstituted
- 3 lb 4 oz canned mixed fruit, drained
- 7.5 oz fresh celery, chopped
- 10 oz raisins
- 6 oz low-fat mayonnaise
- 1/2 tsp ground nutmeg
- 8.5 oz chopped walnuts

### PREPARATION

1. Sprinkle apples with lemon juice to prevent discoloration.
2. Combine apples, mixed fruit, celery, raisins, mayonnaise, and nutmeg. Mix lightly to combine. Spread 6 lb 14 oz (approximately 1 gal) into each shallow pan (12" x 20" x 2 1/2") to a product depth of 2" or less. For 50 servings, use 1 pan.
3. Cover. Refrigerate until service.
4. Add nuts before service. Toss lightly. For best results, use same day.
5. Portion with No. 12 scoop (1/3 cup).

Adapted from: USDA Standardized Recipes & Healthy School Recipes

MEAL PATTERN CONTRIBUTION | 1/4 cup fruit

## RECIPE: APPLESAUCE

YIELD: 48 - 3/4 cup SERVINGS

### INGREDIENTS

- 48 apples, any variety, rinsed
- 1 quart water
- 1 Tbsp cinnamon
- 1 Tbsp vanilla extract

### PREPARATION

1. Remove the cores, seeds and peels (or leave the peels with more fiber) from all the apples.
2. Dice into small pieces
3. Pour water into a pot and add the diced apples.
4. Cover and put the pot on stove over medium-low heat.
5. Cook until the apples are tender, about 25 minutes depending on size of dice.
6. Remove from heat and cool slightly, about 10 minutes.
7. Mash the apples using a potato masher or fork.
8. Flavor with cinnamon and vanilla.
9. Serve and enjoy the applesauce right away or store in the refrigerator in a lidded container.
10. The applesauce will keep, covered and refrigerated, for up to 4 days.

Adapted from: USDA Standardized Recipes & Healthy School Recipes

MEAL PATTERN CONTRIBUTION | 3/4 cup fruit



## RECIPE: MAPLE APPLE FRENCH TOAST BAKE

YIELD: 48 SERVINGS

All the fall flavors you want in a sweet, satisfying baked french toast casserole!

### INGREDIENTS

- 3 lb apples, peeled and chopped into bite-sized pieces
- 4 lb whole-wheat bread, cut into 1" cubes
- 50 large eggs
- 1 qt + 1 cup lowfat milk
- 1 1/2 cups maple syrup, divided
- 4 tsp cinnamon
- 2 tsp nutmeg
- 1 tsp salt

### PREPARATION

1. Coat two 2-inch full hotel pans with cooking spray.
2. Lightly beat eggs in a large bowl. Add milk, 1 cup maple syrup, cinnamon, nutmeg and salt; whisk to combine. Stir in the apple pieces then fold in the bread.
3. Divide mixture evenly between the prepared pans. Lightly coat sheets of parchment paper with cooking spray and place on top of the French toast. Cover with foil. Refrigerate 6 to 8 hours or overnight.
4. Before baking, let the French toast stand at room temperature for 30 minutes. Preheat convection oven to 325°F or conventional oven to 350°F.
5. Bake for 30 minutes. Remove foil and parchment and rotate the pans end to end. Drizzle each pan with 1/4 cup of remaining maple syrup. Bake, uncovered, until set on top and the internal temperature reaches 165°F, about 20 minutes more. Let stand for 10 minutes.
6. Cut each pan into 24 pieces.

Adapted from: Vermont Farm to School



MEAL PATTERN CONTRIBUTION | 1.25 oz grain/bread  
2 oz equivalent meat/meat alternate  
1/8 cup fruit

