



JERSEY TASTES! RECIPES

Crunchy Apple Salad

INGREDIENTS

**FAMILY-SIZE
SERVES 6-8**

- 5 cups Spinach, Romain, Leafy Greens, or Kale, chopped
- 2 each medium Apples
- ½ cup Craisins or Raisins or Mixture
- ¼ cup Nuts (Pepitas, Sunflower Seeds, Sliced Almonds, Pecans, Walnuts...)
- Optional 1 cup shredded or crumbled Cheese --- Use your favorite! and/or add 1 lb. Grilled Chicken

DRESSING:

- ¼ cup Olive or Vegetable Oil
- ¼ cup Honey or Maple Syrup
- ¼ cup Apple Cider Vinegar
- 1 Tablespoon Mustard (Dijon or Regular)



DIRECTIONS

- 01** Slice greens into thin strips or break up into bite size pieces.
- 02** Chop apples.
- 03** In a bowl combine greens, apples, craisins/raisins and nuts.



**SCHOOL FOOD SERVICE
PORTIONS: 25**

- 6¼ quarts Spinach, Romain, Leafy Greens, or Kale, chopped
- 5 each medium Apples
- 1¼ cups Craisins or Raisins or Mixture
- 1 lb. Nuts
- Optional 3 cups shredded Cheese and/or add 3½ lbs. cooked Chicken

DRESSING:

- 1 cup Olive or Vegetable Oil
- 1 cup Honey or Maple Syrup
- 1 cup Apple Cider Vinegar
- ¼ cup Mustard (Dijon or Regular)

Portion Size: 1 cup = ½ cup Veg/Dark Green; ¼ cup Fruit

2 cups Salad Mixture with Chicken & Cheese =

3 oz. Meat/Meat Alternate; 1 cup Veg/Dark Green; 1/2 cup Fruit

Check out recipe video:
https://www.youtube.com/watch?v=4aU6fJ_GE98&t=336s

- 04** Dressing: Add all ingredients into a tightly covered container. Shake until totally combined. Add to greens.
- 05** Optional: Serve individual salad portions (2 cups) with cheese and/or chicken for a lunch or dinner entrée.



RECIPES MADE IN COLLABORATION WITH:

