



Apple Recipes

Recipes made with a Favorite Fall Fruit

(Recipes adapted from those found at www.kraftfoods.com)

Scarborough Fair Salad

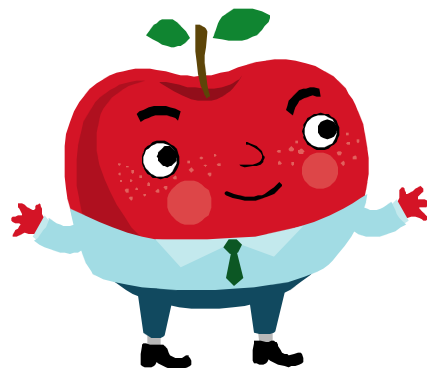
(Makes 6 servings – 1 cup each)

Ingredients:

- 1 tart green apple, peeled and chopped
- 1 tablespoon lemon juice
- 12 ounces cooked chicken, chopped into bite-sized pieces
- 2 medium green bell peppers, chopped
- 2 green onions, sliced
- 1 tablespoon chopped fresh parsley
- 1/3 cup light mayonnaise
- ¼ teaspoon ground thyme
- 1/8 teaspoon garlic powder
- 1/8 teaspoon ground sage
- 1/8 teaspoon dried oregano leaves
- 1/8 teaspoon dried rosemary leaves
- 1/8 teaspoon pepper

Instructions:

1. Toss apples with lemon juice in large bowl. Add chicken, green pepper, onions and parsley; mix lightly.
2. Mix remaining ingredients until well blended. Add to chicken mixture; toss to coat. Cover
3. Refrigerate several hours or until chilled.



Cottage Cheese Apple Dippers

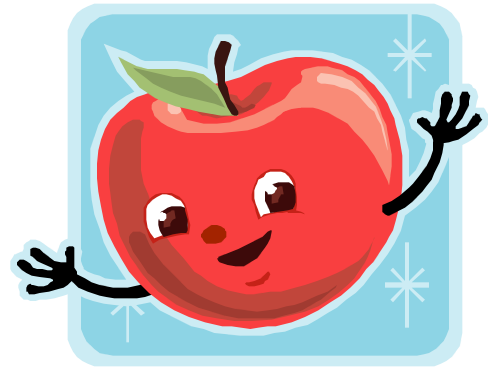
(Makes 4 servings, ¼ cup dip and ½ apple each)

Ingredients:

- 1 cup 1% low fat cottage cheese
- 1/8 teaspoon ground cinnamon
- 2 apples, peeled and sliced

Instructions:

1. Mix cottage cheese and cinnamon.
2. Serve as a dip with the apple slices.



BBQ Chicken Salad with Grilled Apples

(Makes 4 servings)

Ingredients:

- 4 small boneless skinless chicken breast halves (4 ounces each)
- 2 medium Granny Smith apples, peeled and quartered
- 1 large red onion, quartered
- ¼ cup light Italian dressing
- ½ cup barbecue sauce
- 6 cups torn mixed salad greens
- ¼ cup light salad dressing

Instructions:

1. Preheat grill to medium-high heat. Brush chicken, apples and onions with Italian dressing.
2. Grill chicken, apples and onions 10 minutes or until chicken is cooked through, turning occasionally and brushing chicken with barbecue sauce during the last few minutes.
3. Cube chicken. Arrange over greens along with the apples and onions. Drizzle with light dressing.