



FEED OUR FUTURE[®]
Local Foods for Growing Minds



SCHOOL RECIPE

Ohio Apple

Featured Item: Apples
 Serving Size: 1 each • Yield 50

HACCP Process #1:
 No Cook

Child Nutrition Credit:
 0.5 Cup Fruit

INGREDIENTS

50 Apples, Raw with Skin



DIRECTIONS

1. Enjoy!
2. For best practice presentation, display in a wooden bowl.

NUTRITION FACTS

Calories: 94
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 2 mg
Total Carbohydrate: 25 g
 Dietary Fiber: 5 g
 Total Sugars: 19 g
Protein: 0 g



Scan the code to learn more about Harvest of the Month.



Recipe and nutritional info provided by our partner, Pisanick Partners LLC
 Email ohiofeedourfuture@gmail.com for full nutrition facts.

Apple Crisp

Featured Item: Apples
Serving Size: 1/2 cup • Yield 25

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
0.5 Cup Fruit

INGREDIENTS

7 pounds	Apples, raw, Local
3 cups	Applesauce, unsweetened
1 tablespoon	Cornstarch
1/2 cup	Whole Wheat Flour
3 1/2 ounces	Oats, old fashioned
3 ounces	Brown Sugar
1/2 cup	Butter, unsalted



DIRECTIONS

1. Preheat oven to 350°F.
2. Peel and slice apples into bite-sized pieces.
3. In a bowl, mix together the apples, applesauce, and cornstarch. Spread into a steam table pan.
4. In another bowl, mix together oats, flour, and brown sugar.
5. Melt butter.
6. Pour butter into oat/flour/sugar mixture and stir to make a crumble.
7. Spread crumble on top of apple mix.
8. Bake, covered, for 30 minutes. Remove cover and finish baking uncovered for about 10 minutes, until the topping is crisp.

NUTRITION FACTS

Calories: 157
Total Fat: 4 g
 Saturated Fat: 2 g
 Trans Fat: 0 g
Cholesterol: 10 mg
Sodium: 2 mg
Total Carbohydrate: 31 g
 Dietary Fiber: 4 g
 Total Sugars: 19 g
Protein: 2 g



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Pork Carnitas Bowl with Local Apple Chutney

Featured Item: Apples
Serving Size: 1 bowl • Yield 25

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
2 ounces Meat/Meat Alternate
1 ounce Whole-Grain Rich
0.25 Cups Fruit

INGREDIENTS

6 pounds	Pulled Pork
25	Cornbread, mini loaves
2 1/2 tablespoons	Butter, unsalted
2 3/4 cups	Onion, chopped
2 1/3 quarts	Apples, Local, chopped
2/3 cups	Brown Sugar
3 teaspoons	Ground Cinnamon
3/4 teaspoon	Allspice
1/2 cup	Apple Cider Vinegar
3	Oranges



DIRECTIONS

1. Preheat oven to 350°F.
2. Peel and chop apples. Dice the onions. Zest the orange, then juice.
3. Set a saucepan over medium-low heat. Add the butter. Once melted, add onions and cook for 3-5 minutes until they are clear.
4. Add the peeled and chopped apples, brown sugar, cinnamon, allspice, vinegar, orange zest, and juice. Stir. Turn up the heat and bring to a simmer. Turn down to low and cover. Cook for 40 minutes. Chutney should look like applesauce when it is done.
5. Bake pork in over, covered, for 30 minutes.
6. Place 4 ounces of pork in a bowl and top with 1/4 cup chutney. Serve with a cornbread loaf.

NUTRITION FACTS

Calories: 250
Total Fat: 23 g
 Saturated Fat: 7 g
 Trans Fat: 0 g
Cholesterol: 80 mg
Sodium: 296 mg
Total Carbohydrate: 58 g
 Dietary Fiber: 3 g
 Total Sugars: 42 g
Protein: 20 g



Scan the code to learn more about Harvest of the Month.