

Ohio Apple

Featured Item: Apples
 Serving Size: 1/2 cup each • Yield 50

HACCP Process #1:
 No Cook

Child Nutrition Credit:
 0.5 Cups of Fruit

INGREDIENTS

6 lbs 14.0z Apples, Raw with Skin



DIRECTIONS

1. Enjoy!

NUTRITION FACTS

Calories: 32
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 1 mg
Total Carbohydrate: 9 g
 Dietary Fiber: 1 g
 Total Sugars: 6 g
Protein: 0 g



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 about Harvest
 of the Month.

Apple Crisp

Featured Item: Apples
Serving Size: 4 oz • Yield 50

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
0.5 Cups of Fruit

INGREDIENTS

13 pounds, 8 ounces.	Apples, raw, Local
1 quart, 1 pint.	Applesauce, unsweetened
2 tablespoon	Cornstarch
10 ounces.	Whole Wheat Flour
7 ounces	Oats, old fashioned
6 ounces	Brown Sugar
1 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: 4 mg
Total Carbohydrate: 30 g
 Dietary Fiber: 4 g
 Total Sugars: 18 g
Protein: 2 g



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Local Apple Chutney

Featured Item: Apples
Serving Size: 0.25 cup • Yield 50

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
0.25 Cups of Fruit

INGREDIENTS

1/3 cups	Butter, unsalted
1 quart, 1 cup	Onion, chopped
7 lbs, 5 5/8 ounces	Apples, Local, chopped
1 1/3 cups	Brown Sugar
1 table spoon, 1/1/2 teaspoons	Ground Cinnamon
1 1/2 teaspoon	Allspice
1 cup	Apple Cider Vinegar
5	Oranges

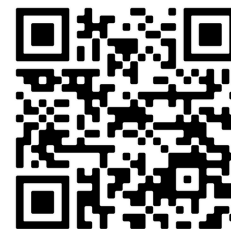


DIRECTIONS

1. Peel and chop apples. Dice the onions. Zest the orange, then juice.
2. Set a saucepan over medium-low heat. Add the butter. Once melted, add onions and cook for 3-5 minutes until they are clear.
3. 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.

NUTRITION FACTS

Calories: 80
Total Fat: 1 g
 Saturated Fat: 7 g
 Trans Fat: 0 g
Cholesterol: 3 mg
Sodium: 1 mg
Total Carbohydrate: 18 g
 Dietary Fiber: 2 g
 Total Sugars: 14 g
Protein: 0.5 g



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Ohio Apple

Featured Item: Apples
 Serving Size: 1/2 cup each • Yield 7

HACCP Process #1:
 No Cook

Child Nutrition Credit:
 0.5 Cups of Fruit

INGREDIENTS

1 lbs Apples, Raw with Skin



DIRECTIONS

1. Enjoy!

NUTRITION FACTS

Calories: 32
Total Fat: 0 g
 Saturated Fat: 0 g
 Trans Fat: 0 g
Cholesterol: 0 mg
Sodium: 1 mg
Total Carbohydrate: 9 g
 Dietary Fiber: 1 g
 Total Sugars: 6 g
Protein: 0 g



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Apple Crisp

Featured Item: Apples
Serving Size: 4 oz • Yield 6

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
0.5 Cups of Fruit

INGREDIENTS

1 pounds, 10 ounces.	Apples, raw, Local
2/3 cup, 2 5/8 teaspoon	Applesauce, unsweetened
3/4 tablespoon	Cornstarch
1 1/4 ounces.	Whole Wheat Flour
7/8 ounces	Oats, old fashioned
3/4 ounces	Brown Sugar
1 tablespoon, 2 7/8 teaspoon	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: 4 mg
Total Carbohydrate: 30 g
 Dietary Fiber: 4 g
 Total Sugars: 18 g
Protein: 2 g



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Local Apple Chutney

Featured Item: Apples
Serving Size: 0.25 cup • Yield 9

HACCP Process #2:
Same Day Service

Child Nutrition Credit:
0.25 Cups of Fruit

INGREDIENTS

1 tablespoon	Butter, unsalted
1 cup	Onion, chopped
1 pint, 1 cup	Apples, Local, chopped
3/4 cups	Brown Sugar
1 teaspoons	Ground Cinnamon
1/4 teaspoon	Allspice
13 tablespoons	Apple Cider Vinegar
1	Oranges



DIRECTIONS

1. Peel and chop apples. Dice the onions. Zest the orange, then juice.
2. Set a saucepan over medium-low heat. Add the butter. Once melted, add onions and cook for 3-5 minutes until they are clear.
3. 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.

NUTRITION FACTS

Calories: 70
Total Fat: 1 g
 Saturated Fat: .8 g
 Trans Fat: 0 g
Cholesterol: 3 mg
Sodium: 1 mg
Total Carbohydrate: 15 g
 Dietary Fiber: 2 g
 Total Sugars: 14 g
Protein: 0.5 g



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