



# FEED OUR FUTURE®

*Local Foods for Growing Minds*



ECE CENTER RECIPE

## 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



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

**ENJOY!**



Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email [ohiofeedourfuture@gmail.com](mailto:ohiofeedourfuture@gmail.com) for full nutrition facts.



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ECE CENTER RECIPE

## 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

<b>13 pounds, 8 ounces.</b>	Apples, raw, Local
<b>1 quart, 1 pint.</b>	Applesauce, unsweetened
<b>2 tablespoon</b>	Cornstarch
<b>10 ounces.</b>	Whole Wheat Flour
<b>7 ounces</b>	Oats, old fashioned
<b>6 ounces</b>	Brown Sugar
<b>1 cup</b>	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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# FEED OUR FUTURE®

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ECE CENTER RECIPE

## 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

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

## 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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ECE FCCH RECIPE

## 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

<b>1 pounds, 10 ounces.</b>	Apples, raw, Local
<b>2/3 cup, 2 5/8 teaspoon</b>	Applesauce, unsweetened
<b>3/4 tablespoon</b>	Cornstarch
<b>1 1/4 ounces.</b>	Whole Wheat Flour
<b>7/8 ounces</b>	Oats, old fashioned
<b>3/4 ounces</b>	Brown Sugar
<b>1 tablespoon, 2 7/8 teaspoon</b>	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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ECE FCCH RECIPE

## 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

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