

SweetTango®

APPLES

An Apple a Dish:

Salads, Snacks and Savory Dishes with SweetTango® apples





Savory SweetTango® Apple & Brie Bites with Rosemary



Servings:
8 crackers

Prep Time:
5 minutes

Level:
Easy

Savory and sweet meet in this simple snack recipe featuring SweetTango apples, multi-grain crackers, Brie cheese and fresh rosemary and a drizzle of agave nectar

Ingredients

- 8 oz wedge of Brie cheese
- 1 medium size SweetTango® apple
- Multi-grain round crackers
- Fresh rosemary, 4-5 leaves
- Drizzle of agave nectar (optional)

Directions

1. Spread Brie cheese in a thin and even layer on one multi-grain cracker.
2. Slice SweetTango® apple into a round that will cover the cracker. Place round slice on top of the Brie-spread cracker.
3. Take 4-5 individual leaves of rosemary and chop into small bits. Sprinkle rosemary on top of apple slice.
4. Drizzle with agave nectar for an added touch of sweetness.



Servings:
28 slices

Prep Time:
5 minutes

Level:
Easy

Simmer your sweet tooth with this simple and healthy snack! Dip SweetTango® apples in an almond butter-yogurt-cinnamon spread and then add granola on top for a nice crunch factor!

Ingredients

- 2-3 Tablespoons almond butter
- $\frac{3}{4}$ cup of plain Greek yogurt (0%)
- 2 medium-sized SweetTango® apples, cut into 14 slices per apple
- $\frac{1}{2}$ teaspoon cinnamon
- $\frac{1}{2}$ cup granola (store bought or homemade)

Directions

1. Measure and spoon yogurt into a small mixing bowl.
2. Add almond butter to yogurt and stir to mix. Test to ensure the dip meets your desired sweetness. If it doesn't, add more almond butter.
3. Add cinnamon to almond butter-yogurt mix and stir to combine.
4. Slice SweetTango® apple into 14 even slices per apple.
5. Dip one end of apple into the almond butter-yogurt mix, and then immediately into the granola. Repeat step for all other apples. Serve and enjoy!



Servings:
10 slices

Prep Time:
5 minutes

Level:
Easy

Feeling adventurous? These unique spicy apple slices are perfect for those who love to try something different, and don't mind a little heat.

Ingredients

- 1/8 teaspoon sea salt
- 1/4 teaspoon chili powder
- 1/8 teaspoon cayenne pepper
- 1 medium-sized SweetTango® apple cut into 10 even slices
- Juice of 1 lime
- 1/2 teaspoon agave nectar

Directions

1. Juice the lime into a small mixing bowl. Add agave nectar and whisk to combine.
2. In another small mixing bowl, add salt, chili powder and cayenne. Stir to mix spices together.
3. Cut apple into 10 even slices.
4. Dip the flat part of the apple slice into the lime-agave nectar mixture. Then, dip lightly in the spicy mixture. Repeat for remaining apples. Serve and enjoy!



Watch 3 Snacks Video!



Servings:
30

Prep Time:
15 minutes
Cook Time:
20 minutes

Level:
Intermediate

Crostini is an excellent appetizer to serve guests. There's very little fuss involved and can be prepared and plated in advance.

Ingredients

- 1 French baguette, sliced thin on the bias
- 1-2 tbsp extra virgin olive oil (optional)
- 1/3-1/2 cup good quality blue cheese, such as Roquefort or Stilton, room temperature
- 1-2 SweetTango® apples
- 1 tbsp unsalted butter

Directions

1. Preheat the oven to 350 degrees F. If using, lightly brush each slice of baguette with olive oil (the oil will add flavor and richness). Spread the bread in a single layer on a large baking sheet and toast in the oven until crisp and golden, 10-15 minutes. Allow to cool.
2. Once the crostini has cooled, spread a thin layer of blue cheese on each slice.
3. Without peeling, core the apple and cut it in half from stem to tip. Place each half flat on a cutting board and slice very thinly.
4. Heat a large skillet (preferably nonstick) over medium-high heat, and add 1/2 tablespoon butter. When the butter begins to sizzle, add half of the apple slices and allow them to caramelize, turning periodically so that they brown on both sides. Once the apple slices have softened and caramelized, remove them from the pan and set aside. Repeat with the remaining 1/2 tablespoon butter and apple slices. (Note: for best results, don't overcrowd the skillet. This step can be done in 4 batches instead of 2 if necessary).
5. Top each crostini with 1-2 apple slices. Serve warm or at room temperature.



Servings:
6

Prep Time:
8 minutes

Level:
Moderate

A quick and simple chop salad bursting with flavor and texture

Ingredients

- 2 cups cored and chopped SweeTango® apple
- 4 cups chopped broccoli florets (about 1 ½ pounds)
- 1 cup quartered, seedless red grapes
- ¼ cup finely diced red onion
- ½ cup unsalted, roasted sunflower seeds
- ½ cup freshly squeezed orange juice
- 1 tsp apple cider vinegar
- pinch kosher salt

Directions

1. Combine apple, broccoli, grapes, onion, and sunflower seeds in a large bowl. Set aside.
2. In a small bowl, whisk together orange juice and apple cider vinegar. Add a pinch of salt, to taste. Pour dressing over apple-broccoli salad and toss to combine. Serve immediately.



Servings:
6 one cup

Prep Time:
20 minutes
Cook Time:
15-20 minutes

Level:
Moderate

Take a new spin on the power lunch with this nutritious, flavorful and savor-friendly salad. Maybe even sit a bit and share it with a friend! Your buddy will thank you... and so will your body!

Ingredients

- 1 cup tri-color quinoa
- 1/2 cup French green lentils (Lentilles Du Puy)
- 2 SweetTango® apples, each cored, cut into 8 wedges, thinly sliced crosswise
- 1/2 cup roughly chopped Italian parsley
- 1/2 cup thinly sliced fennel (approximately 1/2 small bulb)
- 1/2 cup thinly sliced Easter radish (or regular radish, as preferred; approximately 5 to 6 radishes)
- 1/3 cup sliced green onion (2 to 3 onions)
- 1/2 cup thinly sliced celery (1 large stalk)
- 1/2 cup golden raisins
- 1/2 cup chopped walnuts
- 1 teaspoon organic maple syrup
- 1/4 teaspoon kosher salt
- 1/4 teaspoon ground black pepper
- 3 cups fresh arugula, loosely packed

For vinaigrette

- 1/4 cup freshly squeezed lemon juice
- 1/4 cup apple cider vinegar
- 1/4 teaspoon honey mustard
- Pinch kosher salt

Directions

1. Cook quinoa according to package directions, cutting cook time to between 8 and 10 minutes, to render a firmer grain. Drain, as necessary, fluff with fork and set aside.
2. Cook French green lentils according to package directions, cutting cook time to between 10 to 15 minutes, to render a firmer lentil. Drain, as necessary, and set aside.
3. Note: test quinoa and lentils before pulling off heat and adjust cook time, as preferred, to achieve a firmer bite.
4. Meanwhile, toast chopped walnuts in a skillet set over medium high heat, stirring intermittently. After about 2 minutes, drizzle nuts with maple syrup; stir consistently for approximately 1 more minute to coat nuts thoroughly. Remove from heat to cool.
5. Whisk ingredients for vinaigrette in a large bowl. Add sliced apple to vinaigrette and mix well to coat (this helps keep apples bright). Add parsley, through "cooled" maple-sweetened walnuts, to bowl. Then add cooled quinoa and lentils. Mix salad thoroughly and season with salt and pepper.
6. If desired, allow salad to sit in fridge for 15 to 20 minutes so flavors can mix and mingle. Plate salad with a topping of fresh arugula and serve.
7. (Note: If you plan to store salad in fridge, keep arugula separate until ready to plate. Salad, without arugula mixed in, will keep nicely in fridge for 3 to 5 days.)