



Piñata Apple Recipe Ebook

Heat up your kitchen with
these **5 NEW** recipes inspired by
Stemilt's Piñata Apple



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Piñata Apple, Papaya & Celery Salad

With Homemade Lime-Honey Vinaigrette



Fresh celery, papaya, and Piñata apples are dressed with a lime-honey vinaigrette and topped with raisins and pecans

INGREDIENTS:

- 1 Stemilt Piñata apple, cored, cut into wedges, thinly sliced
- 2 cups thinly sliced papaya
- 2 stalks celery, cut into thin slices on diagonal (to mimic shape/size of fruit)
- ¼ cup raisins
- ¼ cup chopped pecans

FOR VINAIGRETTE:

- 2 tablespoons freshly squeezed lime juice
- 2 tablespoons freshly squeezed orange juice
- 1 teaspoon apple cider vinegar
- 1 tablespoon honey
- Dash salt
- 1 tablespoon olive oil



15
MINUTES



2
SERVINGS

INSTRUCTIONS:

In a small bowl, lightly whisk together lime juice, orange juice, apple cider vinegar, honey, salt and olive oil. Set vinaigrette aside.

Place sliced apples in a large shallow bowl. Add vinaigrette to apples, directly after slicing, and lightly toss to coat.* Add papaya and celery to apple; gently toss to coat with dressing, being careful not to over handle papaya. Arrange salad on plates, top with some raisins and chopped pecans. Serve immediately.

*Adding vinaigrette to apples directly after slicing will help prevent fruit from browning.



Per Serving: Calories 188 (43.6% from fat); Fat 9.1g (sat 1.0g, poly 2.2g, mono 5.6g); Protein 1.7g; Carbohydrates 28.8g; Fiber 3.7g; Sugar 20.4g; Cholesterol 0mg; Potassium 371.8; Sodium 41.1mg.

Macadamia Nut-Crusted Chicken

With Piñata Apple and Pineapple Salsa



Golden, macadamia-crusted chicken with a refreshing salsa featuring Piñata apples

INGREDIENTS:

- 2 chicken breasts, boned, skinned, pounded to ½" thickness, cut in half (to yield 4 fillets total)
- 1 teaspoon kosher salt
- 1 teaspoon ground black pepper
- 8 ounces macadamia nuts, finely chopped
- 3 tablespoons olive oil

FOR SALSA:

- 1 cup diced Stemilt Piñata apple (1 large apple)
- 1 ½ cups diced fresh pineapple (approximately ½ small pineapple)
- 3 tablespoons minced fresh jalapeño pepper (1 large pepper)
- ½ cup diced yellow pepper (1/2 large pepper)
- ¼ cup sliced green onion (2 to 3 green onions)
- 2 tablespoons freshly squeezed lemon juice



20
MINUTES



4
SERVINGS

INSTRUCTIONS:

In a large bowl, combine apple, pineapple, jalapeño, yellow pepper, green onion, and lemon juice. Set aside.

Season both sides of each fillet with salt and pepper; set aside.

Place finely chopped macadamia nuts onto a piece of wax paper. Place one cut chicken fillet atop nuts and press firmly to allow nuts to adhere to meat. Turn chicken over and repeat. Continue turning and pressing to coat chicken with nuts. Repeat with remaining chicken fillets. Carefully set aside.

Heat olive oil in a large skillet over medium heat. Carefully place chicken in skillet and cook for approximately 3 to 5 minutes, until golden on one side. Using a spatula, carefully turn chicken breasts over (as opposed to flipping), so as not to loosen too much of the nut coating. (Note: some nuts will fall off, but are delicious scooped from skillet to top chicken when serving). Continue cooking chicken for another 3 to 5 minutes, until completely golden and cooked through. Plate chicken and top with salsa. Serve immediately.

Per Serving: Calories 534 (66% from fat); Fat 39.2g (sat 6.4g, poly 2.4g, mono 27.9g); Protein 30.2g; Carbohydrates 20.2g; Fiber 5.1g; Sugar 12.7g; Cholesterol 73mg; Potassium 470.7mg; Sodium 646.8mg.

Kale and Piñata Apple Salad

With Orange-Coconut Yogurt Dressing



Piñata apples, pomegranate seeds, and roasted hazelnuts over healthy kale with a coconut and orange-infused yogurt dressing

INGREDIENTS:

- 4 to 5 large leaves curly green kale, center ribs removed and discarded, sliced into ribbons (approximately 4 cups cut)
- 1 Stemilt Piñata apple, core removed, diced into approximate 3/8" to 1/2" cubes (approximately 2 cups diced)
- 1/4 cup fresh pomegranate seeds
- 1/4 cup chopped roasted hazelnuts

FOR THE ORANGE-COCONUT YOGURT DRESSING:

- 2 tablespoons plain Greek-style yogurt
- 1 teaspoon light coconut milk
- 1 tablespoon apple cider vinegar
- 1 tablespoon honey
- 1/3 teaspoon fresh orange zest
- 1 tablespoon extra-virgin olive oil



20
MINUTES



4
SERVINGS

INSTRUCTIONS:

In a small bowl, combine yogurt, coconut milk, apple cider vinegar, honey and orange zest. Slowly whisk olive oil into mixture, until thoroughly combined. Set aside.

Place ribbons of kale in a large bowl and add dressing. Using clean fingers, carefully "massage" dressing into greens for 30 seconds to one minute. This will "tame" the greens (soften them) a bit and work flavor of dressing throughout. Add diced apple, pomegranate seeds and nuts to bowl and lightly toss. Serve with additional slices of Piñata apple alongside, and/or top with additional chopped hazelnuts, if preferred.



Per Serving: Calories 329 (47% from fat); Fat 17.2g (sat 1.9g, poly 2.6g, mono 11.6g); Protein 8.7g; Carbohydrates 42.9g; Fiber 8.7g; Sugar 22.5g; Cholesterol 0mg; Potassium 767.1mg; Sodium 67.1mg.

Piñata Apple Sunrise Muffins

With Cinnamon and Brown Sugar Crumble

INGREDIENTS:

- 1 cup old-fashioned oats
- 1 cup light coconut milk
- ¼ cup shredded coconut
- 1 ¼ cup all-purpose baking flour
- ½ teaspoon baking soda
- 1 teaspoon baking powder
- ½ teaspoon salt
- 1 egg, whisked
- ½ cup brown sugar, firmly packed
- ½ cup (canned) crushed pineapple
- ¼ cup unsalted butter, melted
- ½ cup chopped pecans
- 1 cup peeled and diced Stemilt Piñata apple

FOR MUFFIN TOPPING:

- ¼ cup all-purpose flour
- ¼ cup brown sugar, firmly packed
- 1 teaspoon ground cinnamon
- 2 tablespoons unsalted butter, melted



40
MINUTES



16
MUFFINS

INSTRUCTIONS:

Preheat oven to 375 degrees F.

In a small bowl, combine oats, coconut milk and shredded coconut. Set aside to rest for 45 minutes to 1 hour, stirring intermittently.

Meanwhile, combine baking flour, baking soda, baking powder, and salt in a bowl. Use a whisk to combine thoroughly. Set aside.

In a small bowl, combine ingredients for muffin topping (flour through melted butter). Set aside.

In another bowl, combine egg, brown sugar, crushed pineapple, butter, pecans, and apple. Add rested oat mixture to bowl using a large spoon to gently fold in, until oats are thoroughly mixed through. Then fold this wet mixture into dry ingredients, using a spoon to gently mix through, just to combine without over mixing. Grease muffin tin(s) or use paper liners. Using an ice cream scoop, carefully drop one scoop of muffin batter into each cup of prepared tin, and sprinkle tops of batter with topping mixture. Place muffins on center rack of oven to bake for approximately 20 to 30 minutes, until lightly golden and toothpick inserted in center of muffin comes out clean.

Per Serving: Calories 187 (42.5% from fat); Fat 8.9g (sat 4.2g, poly 1.2g, mono 3g); Protein 2.6g; Carbohydrates 29.3g; Fiber 1.7g; Sugar 16.4g; Cholesterol 23.2mg; Potassium 86.4mg; Sodium 152.9mg.

Piñata Apple Island Smoothie

INGREDIENTS:

- 1 Piñata apple, cored and cut into quarters
- 1 cup ice cubes (about 4 or 5 standard cubes)
- 2 medjool dates, halved and seeded
- ½ orange, peeled
- 1 ripe banana, peeled
- ¼ cup crushed (canned) pineapple
- ½ cup light coconut milk
- 2 tablespoons golden flaxseed meal
- ½ cup plain Greek yogurt



Island-inspired smoothie has the perfect balance of sweet and tart tropical flavors



10
MINUTES



2
SERVINGS
(24 OUNCES)

INSTRUCTIONS:

Beginning with apple and ice, layer ingredients for smoothie in a high-speed blender. Blend on high (or “smoothie”) until completely liquefied, about 30 seconds to 1 minute. Pour into glasses and serve immediately.



Per Serving: Calories 295 (18% from fat); Fat 5.9g (sat 3.1g, poly 0.1g, mono 0.1g); Protein 7.9g; Carbohydrates 56.9g; Fiber 7.8g; Sugar 38.9g; Cholesterol 0mg; Potassium 543.7mg; Sodium 25.5mg.