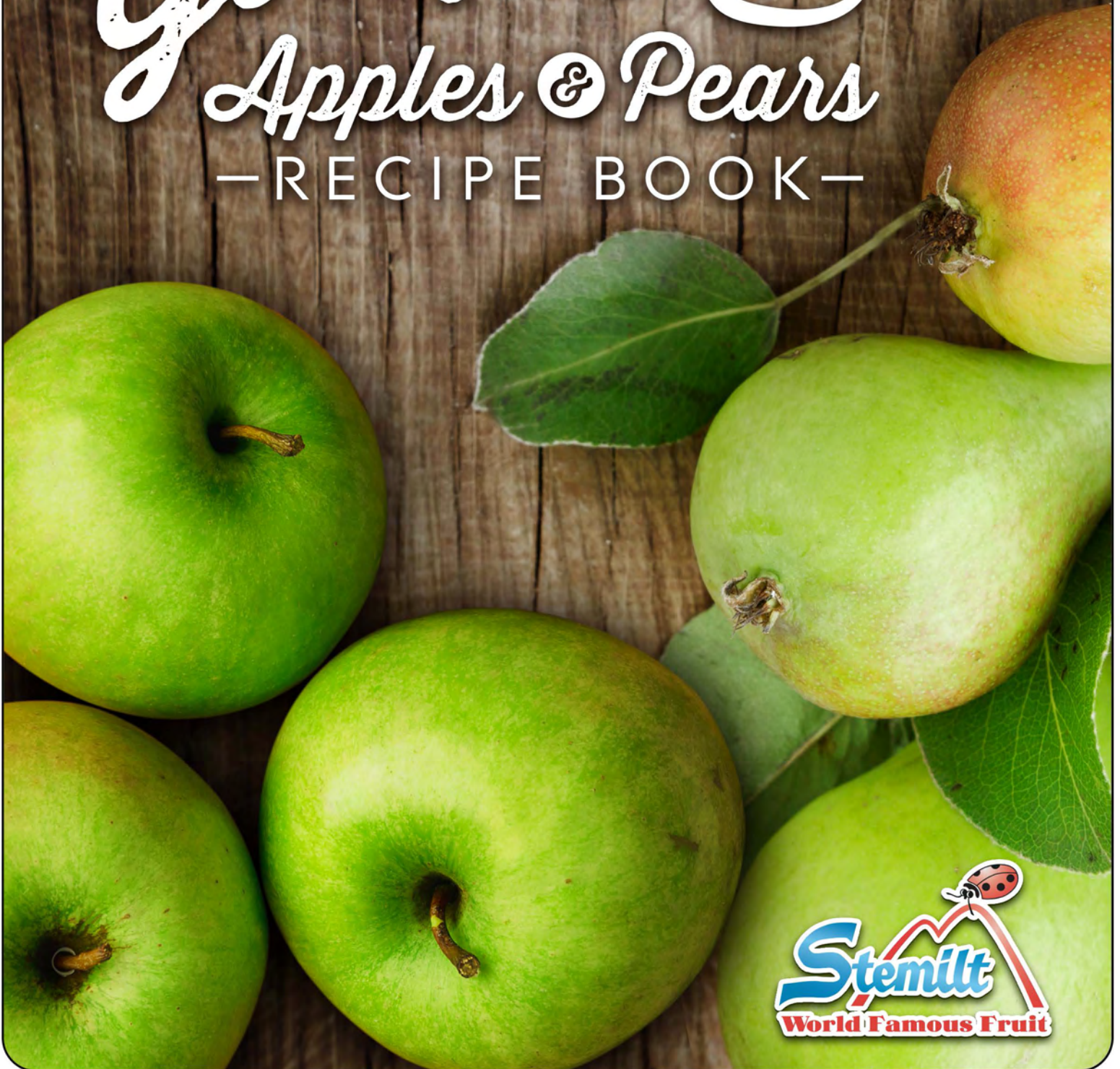




Going Green

Apples & Pears

— RECIPE BOOK —



Green Apple Chicken Salad on Walnut Toasts

Description:

Classic chicken salad is dressed up a bit thanks to crisp and tart Granny Smith apples. Homemade dressing and toasted walnut bread makes this dish the perfect light lunch or appetizer plating.

Servings: 4 toasts



PREP TIME:
20 minutes



COOK TIME:
45 minutes



Note: Roast bone-in chicken breast(s), generously seasoned (salt and pepper), in 350 degree F. oven for approximately 35 to 45 minutes, depending on size. Remove and let cool. Remove meat from bone and discard skin. Dice into ½-inch cubes.

Ingredients:

- 1 Stemilt Granny Smith apple, cored and quartered, divided
- 4, 1-inch thick slices walnut bread, toasted (or bread of choice)
- 1 cup diced roasted chicken (See note below)
- ¼ cup sliced celery
- ¼ cup sliced green onion
- ½ cup halved, seedless green grapes
- kosher salt and ground black pepper, to taste
- 1 cup baby arugula, loosely packed

For Dressing:

- 2 tablespoons veganaise (or mayonnaise)
- 1 tablespoon apple cider vinegar
- 1 teaspoon honey
- 1 teaspoon freshly squeezed lemon juice
- pinch kosher salt

Directions:

1. Thinly slice three (3) quarters of apple, using mandolin on low setting to achieve wafer-thin, pliable slices. (place apple in bowl and squeeze lemon juice over, if preferred, to prevent from browning). Set aside.
2. Dice remaining quarter of apple; set aside.
3. Toast slices of bread; set aside.
4. In a large bowl, combine diced apple, diced chicken, celery, green onion, and grapes. Season with salt and pepper, to taste.
5. In a small bowl, whisk all dressing ingredients until fully combined, season with a pinch of salt, to taste. Add dressing to diced apple-chicken mixture and mix through.
6. To assemble toasts, place a layer of arugula on each toast and top with chicken salad. Then mound tufts of thinly sliced granny smith apple atop each. Serve immediately.

Nutrition Information:

Per Serving: Calories 233.9 (27.3% from fat); Fat 7.1g (sat 0.6g, poly 1.4g, mono 0.6g); Protein 7.1g; Carbohydrates 36.6g; Fiber 4.5g; Sugar 11.4g; Cholesterol 6.3mg; Potassium 273.5mg; Sodium 329.9mg.

The Ultimate Green Salad

Granny Smith Apples, Mixed Baby Greens, Brussel Sprouts,
& Sweet Lemon-Parsley Vinaigrette

Description:

Green d'Anjou pears are a perfect choice for this salad. They are sweet, juicy and flavorful, with a firm, dense structure that keeps them looking pretty after they are sliced and plated.



Servings: 4 side salads



PREP TIME:
10-15 minutes



COOK TIME:
none

Note: Use mandolin to slice apple quarters, lengthwise, into thin ribbons. To test thinness, apple should be pliable enough to coil and hold shape when placed among greens.

Ingredients:

- 1 Stemilt Granny Smith Apple, cored, quartered and thinly sliced*
- 2.5 to 3 ounces mixed baby greens (approximately ½ a 5-ounce container)
- ½ bulb fennel, thinly sliced
- 1 rib celery, thinly sliced on diagonal
- 2 large green onions, thinly sliced on diagonal
- ½ cup halved, green seedless grapes
- 3 generously sized brussel sprouts, trimmed and thinly sliced
- ¼ cup whole, fresh parsley leaves, loosely packed
- ¼ cup roughly chopped pistachios

For Dressing:

- 1 tablespoon freshly squeezed lemon juice, plus more to hold apple color (if preferred)
- 1 tablespoon apple cider vinegar
- 1 teaspoon minced fresh parsley
- 1 tablespoon honey
- pinch kosher salt

Directions:

1. Place ribbons of Granny Smith apple on a plate and drizzle with fresh lemon juice, to keep them from browning. Set aside.
2. In a large bowl, gently toss mixed greens, fennel, celery, green onions, grapes, Brussel sprouts, and parsley.
3. In a small bowl, whisk all ingredients for dressing until thoroughly combined; season with pinch of kosher salt, to taste. At this stage, you can dress and toss greens (amount of dressing will lightly dress greens) or plate greens undressed and serve dressing alongside to drizzle atop. If serving dressing alongside, you may want to double recipe to account for pour variations.
4. Once greens are plated, carefully coil and thread apple "ribbons" among leaves. Sprinkle each salad with chopped pistachios and serve immediately.

Nutrition Information:

Per Serving: Calories 112.5 (26.4% from fat); Fat 3.3 (sat 0.4g, poly 0.0g, mono 0.0g); Protein 2.6g; Carbohydrates 18.7g; Fiber 3.4g; Sugar 13.2g; Cholesterol 0mg; Potassium 115.2mg; Sodium 72.7mg.

Pear, Persimmon & Pomegranate Salad

Description:

Green d'Anjou pears are a perfect choice for this salad. They are sweet, juicy and flavorful, with a firm, dense structure that keeps them looking pretty after they are sliced and plated.

Servings: 4



PREP TIME:
10-15 minutes



COOK TIME:
none



Ingredients:

- 2 Stemilt d'Anjou pears, cored and sliced into thin wedges (see Procedure re: adding to orange juice to preserve freshness)
- $\frac{3}{4}$ cup freshly squeezed orange juice (about 1 large navel orange), divided
- $\frac{1}{2}$ cup pomegranate seeds (a large pomegranate produces one cup of seeds)
- 2 Fuyu persimmons, tops removed, peeled, sliced into half-moons (to showcase flesh)
- 4 to 5 ounces baby arugula greens
- Approximately 20 walnut halves
- 2 tablespoons champagne vinegar
- 1 to 1 $\frac{1}{2}$ teaspoons honey, to taste
- 2 tablespoons extra virgin olive oil
- Scant pinch kosher salt, to taste

Directions:

- 1.** In a small bowl, briskly whisk 2 tablespoons fresh orange juice, champagne vinegar and honey, until honey is completely incorporated. Whisk in olive oil until incorporated and season with salt. Set aside.
- 2.** Prep pears and place them in a bowl with remaining orange juice.
- 3.** Meanwhile, place walnuts in a skillet over medium high heat to toast for about 30 to 45 seconds (watching them closely so as not to burn them). Remove from heat and set aside.
- 4.** To remove pomegranate seeds from fruit, simply score skin of pomegranate, crosswise through middle of fruit with a sharp knife, until you hit the membrane. The idea is to get through the leathery skin of the fruit, not through the fleshy interior. Using your fingers, carefully pry the two sides of fruit apart. Then place one half, fruit-side down, in the palm of your hand held over a bowl and gently (but firmly) rap the exterior of the fruit with a wooden spoon. The seeds will fall into your palm and into the bowl like magic.
- 5.** Prep persimmons and set aside.
- 6.** Place arugula in a large bowl and lightly dress with vinaigrette, to taste.
- 7.** Portion greens out onto plates. Arrange 4 to 6 slices of pear atop each plate of greens. Nestle 2 to 3 slices of persimmon on each plate, then sprinkle with a tablespoon or two of fresh pomegranate seeds and 5 walnut halves. Serve immediately.

Nutrition Information:

Per Serving: Calories: 273.4 (46% from fat); Fat 14.0g (sat 1.0g, poly 1.0g, mono 5.0g); Protein 3.8g; Carbohydrates 37.8g; Fiber 6.6g; Sugar 14.1g; Cholesterol 0g; Potassium 32.4mg; Sodium 43.4mg.

**Walnuts up the fat quotient in this recipe; however, walnuts are rich in good, heart-healthy monounsaturated fats and omega-3 fatty acids.

Green Detox Juice

Description:

This healthy blend of vegetables balanced with Stemilt Fresh Blenders Sweet Apples and the tartness of lemon will leave you feeling renewed!

Servings: 2 (12 ounces each)



PREP TIME:
10 minutes



COOK TIME:
none



Ingredients:

- 2 Stemilt Fresh Blenders Sweet Apples, quartered, seeds removed
- 3 cups baby spinach, packed
- 2 stalks celery
- 6 sprigs parsley
- 1 medium cucumber, peeled
- 1 lemon, peel and pith removed

Directions:

Place the ingredients into your juicer in the order given and process according to manufacturer's instructions. Divide into glasses. Stir and enjoy.

Tips:

- When juicing, always place ingredients into the juicer in the order suggested. Thicker and more dense ingredients should always go in first with fruits or veggies with higher water content following. They easily flush all of the thicker juices out of the machine.
- Wash your fruits and vegetables well. No need to peel them, unless directed, as most of the nutrients are in the peel. Just trim as needed.

Nutrition Information:

Per Serving (2, 12 ounce servings): Calories 81; Fat .58g; Protein 2.39g; Carbohydrates 25.42g; Fiber .75g; Sugar 16.16g; Cholesterol 0.0mg; Potassium 579.50mg; Sodium 52mg.

Pear, Pecan, Pumpkin Oatmeal

Description:

With maple syrup and almond milk, this simple breakfast recipe is full of flavor thanks to fresh pears, pecans, and pumpkin.

Servings: 2 (12 ounces each)



PREP TIME:
10-15 minutes



COOK TIME:
3-5 minutes



Ingredients:

- 1 Stemilt Pear, cored (sliced or diced, as preferred)
- 2 cups water
- 1 cup old fashioned oats
- 1/3 cup canned pumpkin pie mix (not canned pumpkin puree)*
- 2 tablespoons chopped pecans
- 1 cup unsweetened vanilla almond milk
- pure maple syrup
- ground cinnamon

* canned pumpkin pie mix is pureed pumpkin that has been sweetened and flavored.

Directions:

Sliced or dice pears, as preferred (peel, if desired). Set aside.

Bring water, oats and canned pumpkin pie mix to a boil, stirring intermittently, then reduce heat to medium and continue cooking for approximately 3 additional minutes, until oats are done to taste. To serve, top pumpkin oatmeal with fresh pear, a sprinkle of chopped pecans and ground cinnamon, and a drizzle of almond milk and maple syrup.

Nutrition Information:

Calories 365.8 (22.9% from fat); Fat 9.3g (sat 0.4g, poly 1.3g, mono 1.8g); Protein 7.3g; Carbohydrates 68.6g; Fiber 12.5g; Sugar 23.3g; Cholesterol 68.6mg; Potassium 84.7mg; Sodium 175.2mg.

Tropical Smoothie

Description:

A refreshing green smoothie that beautifully melds the tart-crisp flavor of Stemilt Fresh Blenders Tart Apples with the fruity, tropical flavors of mango, banana, kiwi, and pineapple. A little fresh mint and a splash of lime give it a zippy, satisfying brightness.

Servings: 28 to 32 ounces



PREP TIME:
10-15 minutes



COOK TIME:
none

Ingredients:

- 1 Stemilt Fresh Blenders Tart Apple, cored and quartered
- 1 cup ice
- 2 cups leafy green kale, center ribs removed, torn into large chunks, firmly packed
- ½ large mango, seed removed, peeled and quartered
- 1 large kiwi fruit, peeled and halved
- 5 to 6 fresh mint leaves
- ½"-thick, nickel size knob of fresh ginger, peeled
- 1 ripe banana, peeled and halved
- ½ small pineapple, rind removed, cored and cut into large chunks (about 1 cup) juice of one fresh lime



Directions:

Add apple, then ice, kale, mango, kiwi, mint, ginger, banana, pineapple, and lime juice to pitcher of high-speed electric blender (one suitable for crushing ice and handling firm textures). Blend on high (or use "smoothie" option, if applicable) for approximately 1 minute. (If necessary, stop machine intermittently to scrape down sides or press ingredients down to remove any air pockets that might impede blending.) Pour into glasses and serve immediately.

Nutrition Information:

Per Serving (2, 14- to 16-ounce servings): Calories 215.3 (4.18% from fat); Fat 1.0g (sat 0.1g, poly 0.2g, mono 0.1g); Protein 8.8g; Carbohydrates 55.6g; Fiber 8.9g; Sugar 32.0g; Cholesterol 0.0mg; Potassium 527.1mg; Sodium 25.4mg.