

Back to School

Meal Plan + Grocery List

It's that time of year again – back to school, which means for many houses, back to making lunches. Struggling with daily inspiration for what to pack in the brown bag or bento box? We've put together handy meal plan ideas, including a mix of mains, sides and desserts starring fruits children love.

Every recipe features Stemilt's apples or pears, including our special Lil Snappers® kid-sized fruit. Small enough to fit in little hands, and sized for a kid's appetite, Lil Snappers® provide an easy way to tackle that fruit serving on the daily. Each re-sealable three-pound pouch contains enough fruit to provide two kids with lunches throughout the week.

If apples or pears are out of season, simply sub it with a favorite fresh fruit. And, if your kiddos are vegetarian or vegan, simply swap your favorite protein source for any of the meat items on the menu. A full grocery list is included at the end, to make meal prepping a cinch. Enjoy!

	ENTRÉE	SIDE	DESSERT
MONDAY	Apple Wheels Sandwich	Apple Butter Hummus	Apple Oatmeal Cookies
TUESDAY	Chicken, Monterey Jack & Apple Quesadilla	Green Apple Salsa	Easy Apple Fritters
WEDNESDAY	Slow Cooker Pulled Pork Sandwiches	PB&T Apple Wafers	Piñata® Apple Sunrise Muffins
THURSDAY	Peanut Butter & Apple Sandwich	Easy Green Apple Fruit Rollups	Pear, White Chocolate & Almond Oatmeal Cookies
FRIDAY	Gluten-Free Port Tacos with Piñata Apple Salsa	Cinnamon Apple Chips with Peanut Butter Yogurt Dip	Simple Apple Pie Cookies



Entrée

Monday: *Apple Wheel Sandwiches*



DIRECTIONS:

1. Once apple has been cored, cut approximate 1/4"-size slices (horizontally) from stem-top through bottom of apple. Select two of the larger rounds to create "wheels." Then, using an approximate 1.5" (or smaller) round cookie cutter, carefully trim out little "moons" from outside edge of apple (going just a bit beyond peel), leaving a 1/4" gap (or more) between cuts, to create a wheel effect on outer edge of apple round. Set aside.
2. edge of apple round. Set aside.
3. Using a 1.5" to 2" round cutter, cut rounds of cheese and turkey. Set aside.
Toast mini bagel. Spread each slice with a bit of vegenaïse (or mayonnaïse). Place rounds of cheese and turkey on bottom slice of bagel, top with two apple "wheels" and lettuce. Place top half of bagel to make sandwich (secure with a toothpick, if desired). Serve immediately.

Note: Serve leftover apple rounds alongside sandwich, or use for additional preparations

Tuesday: *Chicken, Monterey Jack & Apple Quesadilla*



DIRECTIONS:

1. Heat a large skillet over medium heat.
2. Brush one side of tortilla with olive oil.
3. Place the tortilla, oil-side down, in the warm skillet. Top 1/2 c cheese and 1/2 c chicken. Arrange half of the apple slices on top, then layer on pieces of baby spinach and top with 1/2 c cheese.
4. Spread 2 teaspoons jam on a second tortilla, place jam-side down on cheese, and brush the top of the tortilla with olive oil.
5. Cook the quesadilla for 2-3 minutes or until browned, then carefully flip and cook for an additional 2-3 minutes. Repeat using other two tortillas.
6. Slice into wedges and serve with crisp green salads.



Entrée



Wednesday: *Slow Cooker Pulled Pork Sandwiches with Apples*

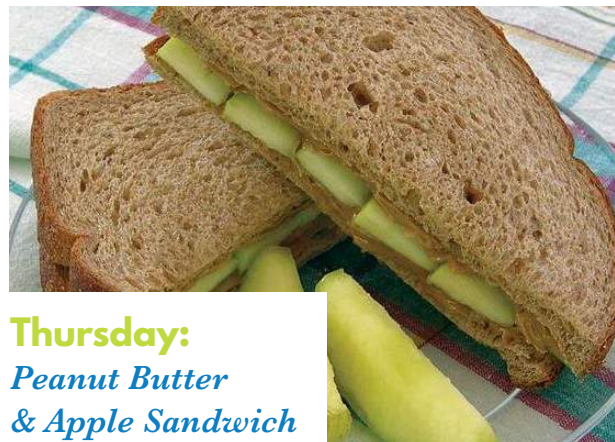
INGREDIENTS:

- 1 Lil Snappers® apple, cored not sliced
- 1 mini size wheat bagel
- 1 tsp vegenaïse or mayonnaïse
- 1 leaf butter lettuce
- (or other green, as preferred)
- 1-2 slices oven-roasted turkey
- 1-2 slices cheese
- (cheddar, Monterey jack, or as preferred)

DIRECTIONS:

1. Once apple has been cored, cut approximate 1/4"-size slices (horizontally) from stem-top through bottom of apple. Select two of the larger rounds to create "wheels." Then, using an approximate 1.5" (or smaller) round cookie cutter, carefully trim out little "moons" from outside edge of apple (going just a bit beyond peel), leaving a 1/4" gap (or more) between cuts, to create a wheel effect on outer edge of apple round. Set aside.
2. Using a 1.5" to 2" round cutter, cut rounds of cheese and turkey. Set aside.
3. Toast mini bagel. Spread each slice with a bit of vegenaïse (or mayonnaïse). Place rounds of cheese and turkey on bottom slice of bagel, top with two apple "wheels" and lettuce. Place top half of bagel to make sandwich (secure with a toothpick, if desired). Serve immediately.

Note: Serve leftover apple rounds alongside sandwich, or use for additional preparations



Thursday: *Peanut Butter & Apple Sandwich*

INGREDIENTS:

- 8 slices of whole wheat bread
- 1 Stemilt Gala apple, sliced
- 4 tbsp peanut butter

DIRECTIONS:

1. Spread peanut butter on all bread slices.
2. Place apple slices on one slice of bread.
3. Close sandwich. Serve & enjoy!

“An apple a day really may help keep the doctor away!”

Apples are rich in quercetin, a nutrient that helps keep the immune system high, even when energy is low.”



Friday: *Gluten-Free Pork Tacos with Piñata® Apple Salsa*

INGREDIENTS:

For the pork tacos:

- 4 lbs of pork
- (leftover from Wednesdays Pulled Pork Sandwiches)
- 2 tbsp olive oil
- 1 tsp salt
- 1/2 tsp black pepper
- 1 bell pepper, seeded, stem removed and chopped
- 2 poblano peppers, seeded, stem removed and chopped
- 1 garlic clove, peeled and halved
- 1/2 onion, halved
- 15 oz can of green enchilada sauce

For toppings:

- Gluten-free tortillas (or tortillas of choice)

DIRECTIONS:

1. Add 2 tbsp of olive oil to a large saucepan and heat. Once heated, add peppers, garlic, onion and oregano. Sauté and then add 4 lbs of cooked pork loin (leftover from Wednesday's Pulled Pork Sandwiches) until heated.
2. Pour enchilada sauce into a bowl and thin with any remaining cooking liquid from sautéing vegetables and meat.
3. For crispier carnitas, spread the shredded meat out on a baking sheet and broil for about 5 minutes—watching carefully so it doesn't burn.
4. Pour enchilada sauce over the top of meat and vegetables and toss all the meat is coated and moistened.
5. Serve in tortillas topped with some shredded cheese, chopped onions and fresh cilantro with a squeeze of fresh lime juice.

For Piñata® Apple Salsa (Double batch if planning to use for Tuesday's side):

1. In a small bowl, whisk together the lime juice, honey, olive oil and chili powder. Taste and adjust with more honey or lime juice as needed.
2. Combine the apples, bell peppers, onions and jalapeños in a medium bowl.
3. Pour the dressing over the top and toss together until evenly coated.
4. Taste and add salt and pepper as desired.

To assemble tacos, place pulled pork, shredded cheese, onions inside tortilla. Top with Piñata Apple Salsa and a squeeze of lime, or serve salsa as a side with tortilla chips or fresh cut veggies.

- Shredded cheese
- Green or red onions, diced
- Cilantro, roughly chopped
- Lime wedges

For Piñata® apple salsa (Double the batch if planning to use for Tuesday's side):

- Juice of 1-2 limes
- 1 tbsp honey, or to taste
- 1 tbsp vegetable oil
- ¼ tsp chili powder, optional
- 1 1/2 c Piñata® apple, cubed
- 1 small red bell pepper, stem and seeds discarded, chopped finely
- 2 green onions, trimmed and finely chopped
- 1 jalapeno pepper, seeded and minced, or to taste
- Salt and freshly ground pepper, to taste

Side

Monday: *Apple Butter Hummus*



INGREDIENTS:

3 lbs of baking apples
(Braeburn, Fuji, or Piñata)
1/2 c + 2 tbsp brown sugar (separated)
1 tsp + 1/8 tsp cinnamon
1/8 tsp nutmeg
15 oz can chickpeas, drained and rinsed
Juice from one small lemon
1 tbsp olive oil

DIRECTIONS:

1. Peel, core and slice apples into pieces. Place in slow cooker along with 1/2 c brown sugar and 1 tsp cinnamon. Toss well. Cook on low for six hours until the apples are soft.
2. Transfer to a food processor or blender and puree. Pour back into the slow cooker and cook for 2 more hours until the mixture has thickened to your liking. Make about 2 cups of apple butter.
3. To make the hummus, add the apple butter, chickpeas, lemon juice, olive oil, 2 tbsp brown sugar and 1/8 tsp cinnamon to a food processor or blender. Blend until smooth. Garnish with a sprinkle of brown sugar and cinnamon.
4. Serve with apple slices, pretzels or crackers.

**Note: The hummus can be made on Sunday when you have extra time and refridgerated up to a week.*

Tuesday: *Green Apple Salsa*



INGREDIENTS:

3 tbsp fresh lime juice
1 tbsp extra virgin olive oil
1 tsp rice vinegar
1/2 tsp honey
1 pinch salt
1 large Stemilt apple, diced
4 tbsp diced red onion
1/2 yellow large bell pepper, diced
4 tbsp chopped cilantro (or parsley)

DIRECTIONS:

1. In a medium-size bowl, whisk together lime juice, olive oil, rice vinegar, honey and salt.
2. Add apple, onion, pepper and cilantro to bowl and toss well to coat.
3. Serve with tortilla chips and enjoy!

Note: If you doubled the Piñata® Apple Salsa batch for Friday's Pulled Pork Tacos, simply use the other portion for Tuesday's snack.





Wednesday: *PB&T Apple Wafers*

INGREDIENTS:

- 1 Lil Snappers® Gala apple
- 3 tbsp creamy peanut butter
- 2 tbsp toffee bits

DIRECTIONS:

1. Place apple on cutting board with stem up. Cut a thin slice from each side of apple to reveal a flat edge (knife parallel to length of core). Using a toothpick or knife, carefully mark three, roughly equal width slices (approximately ¼" or less) from this outer side of apple into center (on both sides of core). Slive down, vertically at each of these points to get three "rounds" of apple off of each side of core. These coreless wafers will serve as the tops and bottoms of each wafer "cookie".
2. To assemble, match similar size slices from each side together. Place approximately 1 tbsp of peanut butter on one slice of each pairing, and spread slightly to edge. Top with coordinating slice of apple and gently press two wafers together so that peanut butter oozes out just a bit all around edge. Gently roll peanut butter-exposed edge in toffee bits. Repeat with remaining wafers.



Thursday: *Easy Green Apple Fruit Rollups*

INGREDIENTS:

- 2-3 Stemilt Granny Smith apples
- Juice of ½ a lemon
- Pinch of cinnamon
- 2 tsp honey
- ¼ cup water
- Dab of vegetable oil

DIRECTIONS:

1. Wash, peel and chop the apples into small pieces, saving some of the peelings.
2. Place chopped apples and the saved peelings in a high-powered blender, along with the honey, water, cinnamon (*to taste*) and lemon juice (*which prevents the fruit from browning*).
3. Turn the blender on until you reach a chunky-smooth, applesauce-like consistency.
4. Dab a paper towel with vegetable oil and coat the dehydrators plastic tray. Spread the apple mix evenly onto to dehydrator in an even layer, iron out any high parts with the back of a spoon, and place the lid on the dehydrator.
5. Set the dehydrator to 135 degrees F and let it go for 3 hours before checking for doneness. After this, check the rollups frequently until they reach the desired doneness, without baking. Experiment with the thickness of the apple layer for best results with your machine.
6. Once dry, peel the fruit rollup (fruit leather) off the tray and place it on a cutting board. Using a pizza slicer or knife, cut rows and simply roll them up.

Note: If making in bulk, use parchment paper or plastic wrap to roll up the fruit leather.



Friday: *Cinnamon Apple Chips with Peanut Butter Yogurt Dip*

INGREDIENTS:

- 6 Lil Snappers® Gala apples, stems removed
- 2 tsp cinnamon
- 6 tbsp plain Greek yogurt
- 1 tbsp peanut butter
- 1 tsp honey
- 1/4 tsp cinnamon

DIRECTIONS:

1. Using a mandolin slicer, cut apples into 1/8 inch thick slices. Depending on the exact size of apple, this should yield approximately 10 slices per apple.
2. Arrange apple slices in rows on 2 parchment-lined cookie sheets. Make sure that apples do not overlap. Sprinkle evenly with cinnamon.
3. Bake both cookie sheets together at 225 degrees F for 3 hours, turning once, until slices dehydrate and edges curl. Remove chips and cool on a baking rack for an hour.
4. In a small bowl, combine Greek yogurt, peanut butter and remaining ingredients. Stir until combined and smooth. Refrigerate until ready to serve.

Dessert

Monday: *Apple Oatmeal Cookies*



DIRECTIONS:

1. Preheat oven to 350 degrees F.
2. Place chopped pecans in a skillet set over medium-high heat and lightly toast for 2 to 3 minutes, tossing intermittently. Transfer to a small dish and set aside to cool.
3. In bowl of electric mixer fitted with paddle attachment, cream softened butter and sugars until just mixed through and creamy. (Take heed to properly allow butter to soften/come to room temperature and to take care not to over mix as over aerating can result in a consistency that is too soufflé-like, and dough will spread too much while baking.) Add eggs, one at a time, at medium speed. Once incorporated, mix in vanilla at medium speed.
4. In a separate bowl, sift flour, baking powder, cinnamon, and sea salt. Add flour mixture, in small portions, to creamed mixture with mixer set to medium-low speed. Stop mixer and scrape down sides of bowl with a spatula, as needed. Once incorporated, add in oats. Set mixer to medium speed until oats are incorporated. Reduce speed to medium-low and add in raisins, apple and cooled pecans. Mix until just incorporated.
5. Line a baking sheet with parchment paper. Using a 1/4 measuring cup, scoop dough onto baking sheet, leaving approximately 2" between cookies. (Dough will be very sticky so use fingers to get "ball" of dough onto baking sheet.) Then using fingers, press dough down to create an approximate 1/2" thick x 3" round cookie. Place in oven and bake approximately 17 to 20 minutes, until just lightly golden and set through. Remove to rack to cool... they will firm up as they cool.
6. Serve once cooled or keep in airtight container for up to 3 to 5 days.

INGREDIENTS:

1 c chopped pecans	1 1/2 cups all-purpose flour
1 1/2 sticks unsalted butter, room temperature	1 tsp baking powder
1 c light brown sugar, packed	1 1/2 tsp ground cinnamon
1/3 c granulated sugar	1 tsp fine sea salt
2 large eggs	3 c old fashion oats
2 tsp pure vanilla extract	3/4 c golden raisins
	1 Stemilt Pink Lady® apple, peeled, cored, 1/2 in dice

Tuesday: *Easy Apple Fritters*



DIRECTIONS:

1. In a medium-size bowl, whisk together lime juice, olive oil, rice vinegar, honey and salt.
2. Add apple, onion, pepper and cilantro to bowl and toss well to coat.
3. Serve with tortilla chips and enjoy!

INGREDIENTS:

2 c all-purpose flour	2 tsp pure vanilla extract
1/3 c granulated sugar	2 tbsp butter, melted
2 1/4 tsp baking powder	2 medium Pink Lady® apples, peeled, cored and cut into 1/4 inch dice
1 tsp salt	Vegetable oil
1 tsp ground cinnamon	Confectioner's sugar
2 large eggs, room temperature	
3/4 c milk	



Note: If you doubled the Piñata® Apple Salsa batch for Friday's Pulled Pork Tacos, simply use the other portion for Tuesday's snack.

Dessert



Wednesday: *Piñata® Apple Sunrise Muffins*

INGREDIENTS:

1 c old fashioned oats
1 c light coconut milk
1/4 c shredded coconut
1 1/4 c all-purpose baking flour
½ tsp baking soda
1 tsp salt
1 egg, whisked
1/2 c brown sugar, firmly packed

1/2 c (canned) crushed,
pineapple
1/4 c unsalted butter, melted
1/2 c chopped pecans
1 c peeled and diced Stemilt
Piñata® apple
1/4 c all-purpose flour
1/4c brown sugar, firmly packed
1 tsp ground cinnamon
2 tbsp unsalted butter

DIRECTIONS:

1. Preheat oven to 375 degrees F.
2. In a small bowl, combine oats, coconut milk and shredded coconut. Set aside to rest for 45 minutes to 1 hour, stirring intermittently.
3. Meanwhile, combine baking flour, baking soda, baking powder, and salt in a bowl. Use a whisk to combine thoroughly. Set aside.
4. In a small bowl, combine ingredients for muffin topping (flour through melted butter). Set aside.
5. 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.



Thursday: *Pear, White Chocolate & Almond Oatmeal Cookies*

INGREDIENTS:

4 tbsp shortening
1/2 c light brown sugar
1 large egg
1 c fresh pear puree
(2 medium Bartlett pears)
1 tsp pure vanilla extract
1 1/2 c all-purpose flour
1/2 tsp baking soda

1/4 tsp kosher salt
1 scant tsp cinnamon
2 cups old-fashioned oats
1/2 c mini white chocolate chips
1/3 c roughly chopped unsalted,
roasted almonds
1/2 c diced, peeled and cored
pear

DIRECTIONS:

1. To make pear purée: Place 2 medium Rushing Rivers® Bartlett pears (skin on, cores and stems removed) in pitcher of electric blender and blend on "high" ("liquefy," or similar setting) until completely smooth, about 1 minute. Measure out 1 cup and set aside.
2. Preheat oven to 350 degrees F.
3. In the bowl of an electric stand mixer fitted with a paddle attachment, cream shortening and sugar on medium-low, until completely smooth. Add egg, mix until well incorporated; add pear purée and vanilla and continue mixing until incorporated.
4. In a separate bowl, whisk together flour, baking soda, salt and cinnamon. Add to creamed mixture. Mix on medium-low until dry ingredients are completely incorporated. Increase speed to medium or medium-high for a few beats. Reduce speed to medium-low again and add oats, mix until oats are incorporated. Add white chocolate chips and almonds, mix on low until just run through batter. Remove bowl from mixer and add diced pear, fold in gently to combine.
5. Drop teaspoons of batter onto a parchment-lined baking sheet. Press each dollop of batter with the back of a fork (coated with canola oil so as not to stick to batter) to flatten cookie to an approximate 2-in round. Bake for 12 to 15 minutes, until golden and slightly crisp at edges.



Friday: *Simple Apple Pie Cookies*

INGREDIENTS:

2 Piñata® apples, cored and sliced 1/2 cm thick, or very thin
1/4 c of white granulated sugar
1 tbsp of light brown sugar
1 tsp of ground cinnamon
Pinch of nutmeg
Pinch of salt
1 tbsp of water
2 disks of ready made pie dough

DIRECTIONS:

1. Preheat the oven to 385 degrees F.
2. In a small mixing bowl, add the spices, salt and sugar, then stir to blend them well.
3. Core your apple.
4. Lightly dust your workspace with flour and then roll out you ready-made pie dough, cutting 2-2 1/2 in circles across the dough.
5. Begin assembling the cookies by slicing your apples, dipping each apple slice into the sugar blend so that it is fully coated, and then laying the 3-4 apple slices onto the circular dough cut out. Repeat this process until all of your cookie bases are assembled. Then roll out the second disk to cut out the top of your pie cookies.
6. Lay the top pastry disc onto your apple slices and gently press a fork down to crimp the edges and secure the pie cookie together. Once done, cut a vent on top of each cookie to release the steam while it bakes.
7. Before placing in an oven, lightly brush with water and then sprinkle the top with the sugar blend.
8. Bake for 20 minutes or until the crust is golden brown around the edges.

Grocery List

THINGS YOU PROBABLY ALREADY HAVE...

on the spice rack

- ☐ Garlic powder
- ☐ Onion powder
- ☐ Paprika
- ☐ Chili powder
- ☐ Oregano
- ☐ Salt
- ☐ Black pepper
- ☐ Cinnamon
- ☐ Nutmeg

in the pantry

- ☐ 1 Garlic clove
- ☐ All-purpose baking flour
- ☐ Baking powder
- ☐ Baking soda
- ☐ Shortening
- ☐ Confectioner's sugar (*for dusting*)
- ☐ Light brown sugar
- ☐ Sugar
- ☐ Pure vanilla extract
- ☐ Olive oil
- ☐ Vegetable oil
- ☐ Apple cider vinegar
- ☐ Peanut butter
- ☐ Honey

in the fridge

- ☐ Butter
- ☐ Eggs
- ☐ Milk
- ☐ Mayonnaise/vegenaise

PRODUCE:

- ☐ Stemilt apples (*8 Lil Snappers®, 9 medium red apples, 6 Piñata® apples, 1 Pink Lady®, 3 lbs. baking apples like Braeburn, Fuji, McIntosh or Piñata®*)
- ☐ 3 Stemilt pears
- ☐ 5 limes
- ☐ 2 lemons
- ☐ 1 leaf butter lettuce

- ☐ Handful of baby spinach leaves
- ☐ 3 bell peppers (*1 red, 2 yellow*)
- ☐ 2 poblano peppers
- ☐ 3 red onions
- ☐ 4 green onions
- ☐ 1 jalapeno
- ☐ 1 bunch cilantro

MEAT:

- ☐ 1-2 slices oven-roasted turkey
- ☐ 1 c shredded chicken
- ☐ 1/4 c chicken broth
- ☐ 7 lb pork loin roast

DAIRY:

- ☐ 1-2 slices cheese (*cheddar or Monterey jack*)
- ☐ 2 c shredded Monterey jack cheese
- ☐ Shredded cheese (*to sprinkle on top of pork tacos*)
- ☐ 6 tbsp plain Greek yogurt
- ☐ 1 c light coconut milk

GRAINS, LEGUMES & STARCHES:

- ☐ Tortillas (*of preference*)
- ☐ Whole wheat bread
- ☐ Mini wheat bagels
- ☐ 1 15-oz can of chickpeas

CANS AND CONDIMENTS:

- ☐ 1 c barbecue sauce
- ☐ 4 tsp blackberry jam
- ☐ 1 15-oz can of green enchilada sauce
- ☐ 1/2 c (canned) crushed pineapple
- ☐ 1 tsp rice vinegar

BAKING GOODS:

- ☐ 2 tbsp toffee bits
- ☐ 1 1/2 c chopped pecans
- ☐ 1/3 c chopped unsalted, roasted almonds
- ☐ 6 c old fashion oats
- ☐ 1/4 c shredded coconut
- ☐ 3/4 c golden raisins
- ☐ 1/2 c mini white chocolate chips
- ☐ 2 disks of ready-made pie dough

