



RECIPES



Apple Salsa

Core and dice apples into 1/4 inch pieces. Toss immediately with lime juice. Stir in remaining ingredients. Chill 2 hours before serving over fish, chicken or turkey.

Suggested Michigan Apple varieties to use: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious, or Rome.
(Source: MI Apple Committee)

Ingredients:

- 2 medium red MI Apples
- 2 tbsp lime juice
- 1/2 cup chopped orange segments
- 1/2 cup finely chopped onions
- 1/2 cup finely chopped green pepper
- 1 finely chopped jalapeno
- 1 clove garlic, minced
- 2 tbsp chopped fresh cilantro
- 1 tbsp cider vinegar
- 1/2 tsp ground cumin
- 1 tsp vegetable oil



RECIPES



Classic Waldorf Salad

Thoroughly combine all ingredients. Serve or chill for 1 hour.

Suggested Michigan Apple varieties to use:
SweeTango, Empire, Gala, Ida Red, Jonagold,
Jonathan, McIntosh, Red Delicious or Rome.

(Source: MI Apple Committee)

Ingredients:

(6 servings, 2/3 cup each)

4 cups cubed red MI Apples

1 cup halved seedless green grapes

2/3 cup sliced celery

1/2 cup broken walnuts, optional

1/2 cup frozen reduced fat whipped topping, thawed

1/4 cup reduced fat mayonnaise