



Crunchy Apple Salad

Crunchy, sweet, and tart this side salad will brighten any menu or salad bar!

Prep time: 50 mins Total time: 50 mins

Serves: 100

Adapted from Washington State Schools Scratch Cooking Book-La Conner School District

USDA Meal Components: other vegetable: $\frac{1}{4}$ c, Fruits: $\frac{1}{8}$ c

Cooking and prep level: Basic.

Ingredients

3 lbs 2 oz Cabbage, fresh shredded
1 lb 4 oz Carrots, fresh shredded
3 lbs 12 oz Apples, fresh skin on sliced
 $\frac{2}{3}$ cup Sunflower Seeds, toasted
 $\frac{2}{3}$ cup Cherries, dried unsweetened

DRESSING

1 cup Apple Cider Vinegar
5 Tbsp Olive Oil
3 Tbsp + 1 tsp Honey, pure
2 tsps Salt



Instructions

1. Chop apples into $\frac{1}{2}$ inch pieces.
2. Toss all salad ingredients in a deep hotel pan.
3. In a large bowl whisk vinegar with honey and salt. Slowly stream oil into vinegar while whisking to incorporate.
4. Toss dressing with salad ingredients to coat.
5. CCP: Refrigerate and hold at 41 F or lower until service.
6. Portion in a $\frac{3}{8}$ cup serving.

Fun Facts

Apples are actually part of the rose family, just like pears and plums. There are more than 2,500 varieties of apples grown in the U.S. That means if you had apple a day, it would take you nearly seven years to eat each kind. Red Delicious apples are the most widely grown apple variety in the U.S. There are more than 7,500 varieties of apples grown around the world. It would take you more than 20 years to try them all if you ate one a day! Only one type of apple is native to the U.S.: The crabapple. Apple trees take four to five years to bear their first fruit. The largest apple ever picked weighed three pounds. That's the same weight as a teacup Chihuahua!

Did you know it takes two pounds of apples to make one nine-inch apple pie? It takes roughly 36 apples to make one gallon of apple cider.

Ever wondered why apples float? It's because 25 percent of their volume is made up by air.