



Provided by Illinois Harvest of the Month

This is a vibrant salad using regional apples and commodity peaches!

This is an autumn school food service recipe for Apples and Grapes.

Cooking and Prep Level: Basic.

Adapted from the USDA Mixing Bowl Recipes, USDA Recipes for Schools

Prep Time	Total Time	Yield	Serving Size	Energy	HAACP Process
1 hr 15 min	1 hr 15 min	100 1/3 cup	1/3 cup	73 cal	1

USDA MEAL COMPONENTS

¼ c fruit

Ingredients

- ✓ 8 lbs Apples, cored, unpeeled, diced
- ✓ ½ cup Lemon juice
- ✓ 4 lbs Grapes, fresh, off the stem cut in half
- ✓ 2 lbs 4 oz Peach slices, canned drained, roughly chopped OR Peaches diced, canned, drained
- ✓ 15 oz Celery, chopped
- ✓ 1 lb 4 oz Raisins
- ✓ 12 oz Reduced Cal Salad Dressing OR Low Fat Mayo
- ✓ 1 lb 1 oz Chopped Walnuts (optional)

Method

- 1 Toss apples with lemon juice to prevent discoloring.

2 Combine apples, celery, peaches, grapes, and raisins in a large bowl. Toss the combine.

3 CCP: Refrigerate at 41 F or below.

4 Mix mayo or salad dressing with nutmeg.

5 CCP: Refrigerate at 41 F or below.

6 One hour prior to service fold fruits and walnuts lightly into dressing until combined.

7 CCP: Hold at a minimum of 41 F throughout service.

8 Serve with a #12 scoop.

A Waldorf Beginning:

Created at New York's Waldorf-Astoria Hotel in 1896 not by a chef but by the maître d'hôtel, (dining room manager) Oscar Tschirky, the Waldorf salad was an instant success! The original version of this salad contained only apples, celery, and mayonnaise. The later version of the salad added dried fruit, grapes, and nuts.

Facts about Illinois Grapes:

Grapes can be grown in Illinois if you choose a variety that is hardy enough to survive the cold winter temperatures. For making wine, two categories of grapes are cold hardy for Illinois: American and French-American varieties.

Did you know it takes about five years of establishment for a long, productive life of grapevines? Illinois gardeners cultivate grapes to eat out of hand or to make juice, jelly or wine. Most grapes that grow well in the Midwest are descendants of wild grapes, of which there are about 16 species in North America, according to Bill Shoemaker, senior research horticulturist for food crops at the University of Illinois' St. Charles Horticulture Research Center in St. Charles.

The wild ones, such as *Vitis riparia*, still can be found in woodlands and areas such as the Indiana Dunes. The most common grape in gardens is most likely *Vitis labrusca* 'Concord,' a 19th Century hybrid of wild grapes with a tart blue-black skin over sweet green flesh.

Nutrition Facts

100 servings per container

Serving Size

1/3 cup

Amount per serving

Calories

73

		% Daily Value*
Total Fat	3.9 g	5%
Saturated Fat	0.42 g	2.1%
Trans Fat	0 g	
Cholesterol	1 mg	0.33%
Sodium	32 mg	1.39%
Total Carbohydrate	11 g	4%
Dietary Fiber	2 g	7.14%
Total Sugars	13.9 g	
Protein	0.94 g	1.88%
<p>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</p>		