

Apple Knowledge Dinner 2013



Spinach-Chicken-Apple Salad with Apple Vinaigrette

- 1 bag fresh spinach, 12-16 ounces
- 1 pound cooked chicken breast, cut into bite-sized pieces
- 1 green apple (leave colorful peeling on apple)
- 1 red apple (leave colorful peeling on apple)
- ½ cup raisins

Vinaigrette:

- ½ cup granulated sugar
- ½ cup apple cider vinegar
- 2 teaspoons finely diced purple onion
- ½ teaspoon dry mustard
- ½ teaspoon salt
- ¼ cup vegetable oil
- ¾ cup finely chopped apple (approximately 1 small apple)

Put salad together. Wash spinach, let dry. Make vinaigrette: Pulse a few times in blender (no more than 6) sugar, vinegar, onion, mustard, salt, apple, vegetable oil. Moisten chicken with a little of the vinaigrette. Put chicken in the bottom of a serving bowl. Put spinach on top of chicken. Add apples and raisins. **Do Not Toss Yet.** Refrigerate spinach combo and dressing separately, until serving time. Pour dressing over spinach just before serving and toss.



Scalloped Sweet Potatoes and Apples

- 6 medium sized sweet potatoes, peeled
- ½ cup brown sugar
- 1 ½ cups sliced apples, peeled
- 4 Tablespoons butter
- ½ teaspoon salt
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg

Boil sweet potatoes until tender. Slice in ½ inch pieces. Butter baking dish and put a layer of sweet potatoes in bottom, then a layer of apples. Sprinkle with sugar, salt and seasonings. Dot with butter. Repeat until dish is filled making the top layer apples. Bake at 350 degrees for 50 minutes.



Amish Applesauce Cake

- 1 cup sugar
- ½ cup butter
- 2 eggs
- 2 cups all-purpose flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 ½ cups applesauce
- 1 teaspoon vanilla extract

Preheat oven to 350 degrees. Coat a 9x13 baking pan with cooking spray. In a large bowl, cream sugar and shortening with an electric beater on low speed. Beat in the eggs, one at a time. Add flour, cinnamon, baking soda, and salt; beat until well mixed. Add applesauce and vanilla. Mix well and pour batter into prepared baking dish. Bake 30-35 minutes or until wooden toothpick inserted in center comes out clean. Let cool, then frost with brown-sugar frosting.

Brown Sugar Frosting

- 1 cube **butter**, melted
- 1 cup brown sugar
- Bring these ingredients to a boil, stir until slightly thick
- Take off stove, pour into a second bowl
- Add ¼ cup milk, beat with electric beater
- Blend in 1 ½ cups powdered sugar (or more if thicker frosting is desired) until smooth
- Spread on cake