



# Apple Salad

*Yield: 4 servings    Time: 30 minutes*

## INGREDIENTS

- 8 oz. Spring green mix
- 1 pint cherry tomatoes, sliced in half
- 1 small red onion, sliced
- 1/2 cup pecan halves, toasted
- 1 Fiji Apple, thinly sliced
- 6 oz. Feta Cheese
- 1 cup dried cranberries

### Dressing:

- 1/2 cup olive oil
- 1/4 cup white balsamic vinegar
- 2 teaspoons honey
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/8 teaspoon garlic powder

## DIRECTIONS

1. Place all of the salad ingredients in a bowl.
2. Combine all of the dressing ingredients and mix well.
3. Drizzle the dressing over salad and toss until will coated.
4. Serve immediately.

## Wasatch County Cooking Class, October 2021

**Tricia Mathis, FCS/4-H Educator**

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# Apple Harvest Hash

*Yield: 4 servings Time: 45 minutes*

## INGREDIENTS

- 1 large Granny Smith apple, cut into large cubes
- 1 sweet potato, cubed or 1 package frozen sweet potatoes
- 3-4 large chicken-apple sausages, cut into rounds
- 1 medium red onion, large cubes
- 1/2 lb. brussels sprouts, cut in half
- salt, pepper, rosemary, garlic powder
- 2-3 Tablespoons olive oil

## DIRECTIONS

1. Heat oven to 400 degrees.
2. In a large bowl, toss together all ingredients.
3. Spread the vegetables and sausage on the pan and bake for 30 minutes or until veggies and sausage are done and lightly browned.

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# Apple Cake with Caramel Glaze

Yield: 12 servings Time: 1 hour 30 minutes

## INGREDIENTS

- 1/2 cup vegetable oil
- 1 cup unsweetened applesauce
- 2 cups sugar
- 4 eggs
- 2 teaspoons vanilla
- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1 teaspoon salt
- 3 1/2 cups Granny Smith apples (3-4 apples), chopped into small cubes
- 1 cup pecans, chopped

### Caramel Glaze

- 3/4 cup butter
- 1 cup light brown sugar
- 1/4 cup milk
- 1 teaspoon vanilla

## DIRECTIONS

1. Preheat oven to 325 degrees.
2. Cream together oil, applesauce, sugar, eggs and vanilla.
3. In medium mixing bowl whisk together flour, baking soda, cinnamon and salt.
4. Add dry mixture to the creamed mixture and combine.
5. Stir in apples and pecans.
6. Generously grease and flour a tube pan (or two loaf pans).
7. Place in preheated oven and bake for 1 hour. (Check with a tooth pick at 50 minutes).
8. To make the glaze, melt butter in a small pan over low heat.
9. Stir in brown sugar and milk.
10. Bring to a boil over low heat, then reduce to a simmer, stirring constantly.
11. Wash down sides of pan with a wet pastry brush to reduce sugar crystal formation.
12. Let boil for 10 minutes, continue stirring.
13. Remove from heat and add vanilla. Stir. Let cool.
14. When the caramel glaze (and cake) have cooled, pour over the top of the cake.

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# Apple Nachos

## INGREDIENTS

- Apple Slices, any variety

Choose desired add-ons:

- Caramel dip
- chocolate sauce
- chocolate chips
- nuts
- candy corn
- candy bar pieces
- white chocolate drizzles
- peanut butter
- pretzel pieces
- M & M's
- Monster candy eyes
- Coarse Kosher salt

## DIRECTIONS

1. Slice apples and dip in lemon juice to avoid browning and arrange on plate, platter or individual serving plates.
2. Drizzle and sprinkle toppings on apples. Serve immediately.

Caramel Dip:

1/4 cup butter  
 2/3 cup corn syrup  
 1 1/4 cup brown sugar  
 3/4 cup evaporated milk

Combine butter, corn syrup and brown sugar in a medium size microwave safe bowl. Cook on high for 5-6 minutes (stirring every few minutes) until thick. Add evaporated milk slowly, while stirring, to hot mixture. Cool. Refrigerate leftovers.

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## Apple Monster Teeth



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