

Crunchy Apple Salad

Author: Adapted from [Washington State Schools Scratch Cooking Book](#)-La Conner School District

Recipe type: Salad dish- HACCP Process: 1

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

Prep time: 50 mins Total time: 50 mins

Serves: 100

This is a January / March school recipe.

USDA Meal Components: other vegetable: ¼ c, Fruits: ⅓ 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
- ⅔ cup Sunflower Seeds, toasted
- ⅔ 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 ½ 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 ⅓ cup serving.

Recipe by Illinois Harvest of the Month at <http://harvestillinois.org/?p=2217>