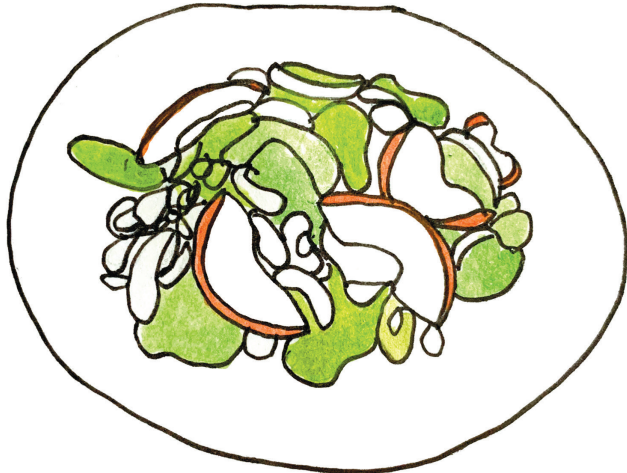
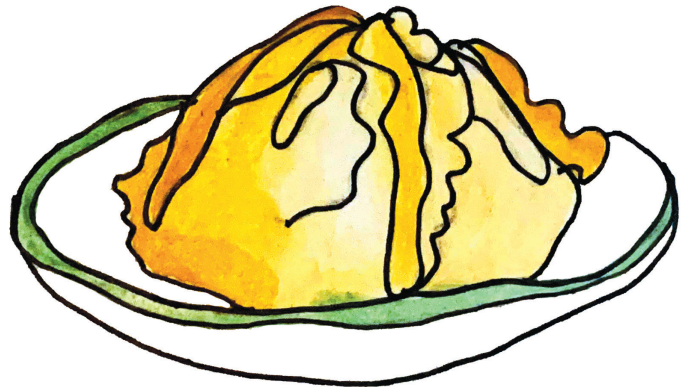


apples



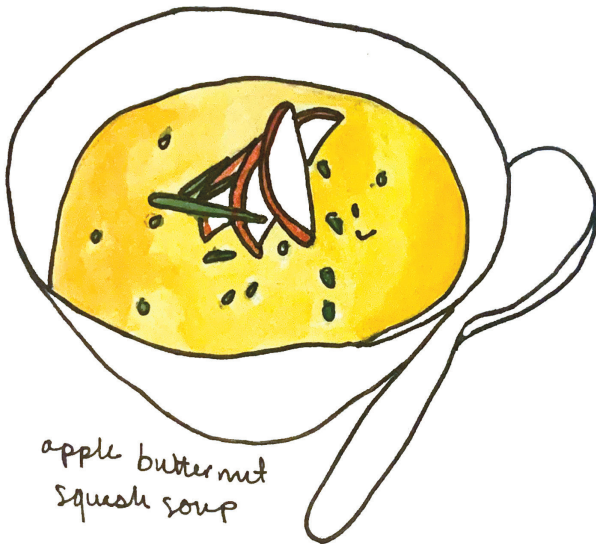
apple fennel salad
with baby spinach

Tart apples (think Granny Smith) pair well with fennel, and the trick to this bright salad is to use a mandoline for super-thin slices of both fennel and apple. Top with a vinaigrette made by whisking lemon juice, salt, and pepper with olive oil. Add walnuts and pecorino, if desired.



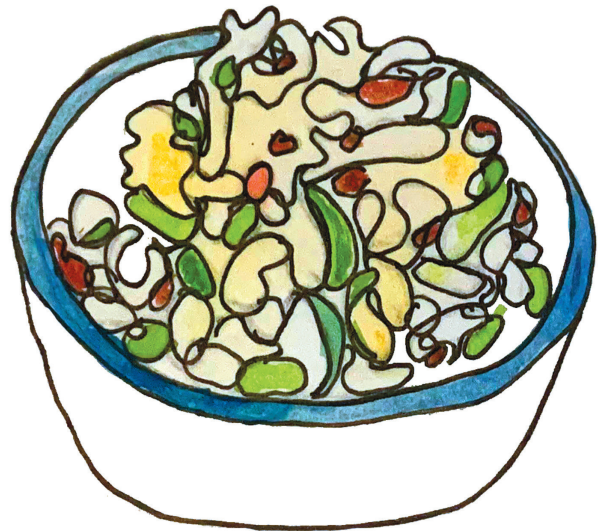
apple dumpling

As kids, we wanted these for dinner. Begin with a basic pastry dough recipe. Cut pastry into squares. Top each square with sliced apples. Add a dab of butter, a tablespoon or so of sugar, and a sprinkle of cinnamon. Wrap the apples by bringing up the pastry corners and pinching them together. Bake at 350° for 40 minutes or until pie crust is browned and apples are tender. Serve with ice cream or milk.



apple butternut
squash soup

In a large soup pot, sauté a yellow onion in butter and olive oil. Add 1 butternut squash (peeled, seeded, and chopped) and cook until soft, about 10 minutes. Add 2 cups chicken or vegetable stock and spices (salt, ginger, cayenne). Add 4 apples, peeled, cored, and chopped. Simmer, adding water if needed, until squash and apples are tender. Purée and serve with sour cream.



apple chicken
almond salad

Tart apples and crunchy almonds add energy to your favorite chicken salad, whether it's mayo-based or, as we prefer, a dinner salad with kale or arugula and a homemade vinaigrette. The key is to be generous with the apples and almonds.