Harvest of the Month Recipes at Home

Creamy Dreamy Apple Salad

A fun, healthy recipe for students and families to enjoy together!

Ingredients (Serves 8):

- 2 oz (1/4 c) Softened Cream Cheese
- 2 Tbsp Light Brown Sugar, packed
- ¾ Tsp Ground Cinnamon
- 1/8 Tsp Ground Nutmeg
- 2 oz (1/4 c) Light Sour Cream
- ½ Tsp Vanilla Extract
- 1 ¼ Pounds (3-4 medium) Crisp Sweet Apples
- ½ Cup Cold Water
- 1 Tbsp Lemon Juice
- ¼ Cup Dried Cranberries
- 2 Tbsp Chopped Pecans or Walnuts, toasted (optional)

Instructions:

1. **Make the dressing**. Using an electric mixer, beat the softened cream cheese, brown sugar, cinnamon, and nutmeg until smooth and fluffy.
2. **Add the remaining dressing ingredients**. Blend in the sour cream and vanilla until creamy. Refrigerate until ready to use.
3. **Prepare the lemon water.** Combine the cold water and lemon juice in a medium bowl.
4. **Cut the apples.** Core and dice the apples into bite-sized cubes. Place them in the lemon water for about 1 minute, then drain thoroughly and pat dry.
5. **Combine.** Place the apples in a large bowl. Add the cream cheese dressing and dried cranberries.
6. **Toss and serve.** Mix until the apples are evenly coated. Sprinkle with toasted chopped pecans or walnuts, if desired.
7. **Keep chilled until serving.** For the best texture and freshness, serve within an hour of combining.

Family Tips:

- Younger kids can help wash apples, measure spices and stir.
- Older kids can assist with peeling and cutting.

Why We Love It:

Apples are packed with Vitamin C, fiber, and natural sweetness. Nuts add additional protein. This recipe helps encourage students to try new flavors and enjoy fresh foods at home!

For questions, contact Kelly Renard at krenard@doversd.org