

How to Use Whole Foods

Innovative ideas for using real, whole foods in delicious ways!

Red Apple

Red Delicious Apples are known to be in season year-round with peak season in early fall. Red apples are best used in fresh entrees like salads, slaws, and edible garnishes. Once peeled, they are ideal for use in a slow cooking process such as sauces, soups, and puree!

Examples:



Fruity Oatmeal



Waldorf Fruit Salad



Apple Filled Acorn Squash Bowls



Harvest Salad



Sweet Potato and Apple Slaw



This institution is an equal opportunity provider.

Tip!

Consider using Red Delicious Apples (#100514) from DoD Fresh!