



SANDY SPRINGS, GA

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Autumn Apple Salad (Side Dish)

Read It! (Read your recipe all the way through before you begin!)

Place It! (Get everything out and ready to cook!)

Ingredients

- 2 tart green apples, cored & chopped
- 2 red apples, cored and chopped
- ¼ cup blanched slivered almonds, toasted (or sunflower seeds)
- ¼ cup dried cranberries
- ¼ cup chopped dried cherries
- 1 (8 ounce) container low-fat or fat-free vanilla yogurt

Equipment

- Measuring cups and spoons
- Apple corer/wedger
- Small baking sheet
- Medium bowl
- Wooden spoon
- Safety scissors

Create It! (Time to cook!)

1. Preheat oven to 350 degrees.
2. Wash and dry apples.
- With adult supervision only:** Using the apple corer/wedger, core and slice apples.
3. Using safety scissors, cut apples and cherries into bite-size pieces.
4. Put almonds on a baking sheet and toasted them in the oven for 3-4 minutes. Watch carefully. (They will easily burn.)
5. In a medium bowl, stir together the apples, almonds or sunflower seeds, cranberries, cherries and yogurt until evenly coated. This makes 4 servings.