



An Apple a Day

BLUE CHEESE AND APPLE SALAD

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| 1/4 cup (50 mL) maple-flavoured pancake syrup | 2 tbsp (25 mL) oil |
| 2 tbsp (25 mL) fresh lemon juice | 8 cups (2 L) torn mixed greens |
| 1 tsp (5 mL) Dijon mustard | 2 red apples, thinly sliced |
| 1/4 tsp (1 mL) salt | 1/2 cup (125 mL) crumbled blue cheese |
| 1/4 tsp (1 mL) freshly ground pepper | 1/4 cup (50 mL) chopped toasted walnuts |

To prepare dressing, whisk together syrup, lemon juice, mustard, salt and pepper until combined. Gradually whisk in oil until blended. Combine greens, apples, cheese and walnuts in a bowl. Add dressing and toss to coat. Serve immediately. Serves 8.

WALDORF SALAD WITH SHRIMP

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| 1/4 cup (50 mL) light sour cream | 6 cups (1.5 L) cubed red apples |
| 1/4 cup (50 mL) mayonnaise | 2 cups (500 mL) sliced celery |
| 2 tbsp (25 mL) fresh lemon juice | 1/4 cup (50 mL) chopped walnuts |
| 1 tsp (5 mL) dill weed | 1 3/4 cups (425 mL) frozen cooked small shrimp, |
| 1/8 tsp (0.5 mL) nutmeg | thawed, rinsed and patted dry |

To prepare dressing, whisk together sour cream, mayonnaise, lemon juice, dill weed and nutmeg until blended. Combine apples, celery, walnuts and shrimp in a bowl. Add dressing and toss to combine. Serve immediately. Serves 8.

SPICED APPLESAUCE MUFFINS

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| 1 1/2 cups (375 mL) flour | 1 cup (250 mL) applesauce |
| 1 1/2 tsp (7 mL) baking powder | 1 cup (250 mL) packed golden brown sugar |
| 3/4 tsp (3 mL) cinnamon | 1/3 cup (75 mL) oil |
| 1/2 tsp (2 mL) baking soda | 2 eggs |
| 1/2 tsp (2 mL) allspice | 1 tsp (5 mL) vanilla |
| 1/4 tsp (1 mL) nutmeg | 1/2 cup (125 mL) chopped pecans |
| 1/4 tsp (1 mL) salt | |

Combine first 7 ingredients (flour through salt) in a bowl. Whisk together applesauce, brown sugar, oil, eggs and vanilla until well blended. Add to flour mixture and stir just until blended. Fold in pecans. Spoon batter into paper-lined muffin cups, filling cups three-quarters full. Bake at 400°F (200°C) for 20 - 25 minutes or until muffins test done. Cool muffins in pans for 5 minutes. Remove from pans and cool on racks. Makes 15.