



# OCTOBER: An Apple A Day



FRI	1	Make apple chips: Thinly slice 3 apples, bake on a parchment lined cookie sheet in a 200° oven, 1 hour. Sprinkle with salt.		
SAT	2	Slice an apple horizontally; toss with lemon juice. Layer the slices with goat cheese, bacon, olive oil, salt and pepper.		
SUN	3	Butter a whole-wheat pita; top with apples sliced on our Ultimate Mandoline and cinnamon. Toast 10 minutes in a 350° oven. Drizzle with honey.		
MON	4	Try Ginger Golds, often the first apples of the season. They don't brown as fast as others, so slice one up for later.		
TUE	5	Toss 2 diced apples and some baby spinach with lemon juice, olive oil, salt, pepper, blue cheese, and walnuts.		
WED	6	Make apple "mojitos": Shake 3 ounces apple juice, some lime juice, ice, and mint in a shaker. Pour and top with ginger ale.		
THU	7	Snack time: Top apple slices with peanut butter, raisins, and - the secret ingredient- a pinch of sea salt.		
FRI	8	Make a Jack Rose: Shake 2 ounces of applejack, 1 ounce lemon juice and 1/2 ounce grenadine with ice.		Strain into a glass.
SAT	9	Stir chunky applesauce into butternut squash or sweet-potato soup and warm through.		
SUN	10	Fill an omelet with thinly sliced apples, Black Forest ham, and brie.		
MON	11	Spend Columbus Day at a pick-your-own orchard. Twist the apples gently until the stems break from the trees.		
TUE	12	Dress up the Reversible Bamboo Cheese Board with sliced apples. Cortlands go great with cheddar, Honeycrisps with blue cheese.		
WED	13	Cook down a bag of apples into applesauce and add Red Hots cinnamon candies for a little kick and color.		
THU	14	Make apple slaw: Shred carrots (with our Julienne Peeler), core apples (with our Apple Wedger), dice; add olive oil, lemon juice, salt, pepper, and cumin.		
FRI	15	Add diced apples to homemade iced tea as it brews, then strain and sweeten with a few glugs of honey.		
SAT	16	Throw an apple-bobbing party. Rounds, long-stemmed apples like Gala and Jonagold are easiest to catch.		
SUN	17	Serve apple pie with a thin slice of cheddar cheese on each piece. Warm in a 250° oven until the cheese melts.		
MON	18	Make an apple-beet salad: Combine sliced apples and canned sliced beets; toss with salt, pepper, and plain yogurt.		
TUE	19	Make an apple granita: Pour a 1-inch layer of apple juice into a shallow metal pan and freeze. Scrape with a fork, and serve.		
WED	20	Test your knife skills by peeling an apple and measuring the longest piece of skin. The world record is 172 feet! (Or try our Peeler/Corer Slicer)		
THU	21	Upgrade store-bought applesauce by stirring in diced fresh apples and a squeeze of lemon juice.		
FRI	22	Dip apples in chocolate: Microwave 6 ounces chopped chocolate and 1/4 cup cream on 75% power for 2 minutes; stir.		
SAT	23	Chop up some Pink Lady apples to snack on this week; just toss with lemon juice to keep them from browning.		
SUN	24	Try apple s'mores: Put a marshmallow on a gingersnap, microwave 10 seconds. Top with an apple slice and another gingersnap.		
MON	25	Turn PB&J into PB&A: Replace the jelly with apple butter. Look for it in the jam/jelly aisle or at farmers markets.		
TUE	26	Mix diced apples, ground cinnamon, brown sugar and maple syrup in your morning oatmeal.		
WED	27	Wrap thin wedges of Golden Delicious apples in prosciutto and serve as hors d'oeuvres.		
THU	28	Toss apple slices into your favorite macaroni and cheese before serving - it'll taste like apples dipped in fondue!		
FRI	29	Make mulled cider: Simmer a half-gallon of apple cider with cloves, a cinnamon stick and orange slices for 15 minutes.		
SAT	30	Head to a farmers' market for heirloom apples. They have funny names like Egremont Russet- and they're great.		
SUN	31	It's Hallowe'en - caramel apple time! Use the new Pampered Chef caramel sauce for delicious apples (and try our sprinkles!!).		



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