



CHELAN FRESH RECIPES

Quick & Easy Snacks

QUICK AND EASY SNACKS



Cherry Breakfast Parfait - For a quick and delicious start to your day, make a cherry breakfast parfait; simply layer Greek yogurt with pitted sweet red cherries and almond granola.

Cherry Smoothie - Need a healthy breakfast to-go? Throw together a quick cherry smoothie! Add low-fat milk and yogurt, pitted sweet cherries, sliced banana, and a splash of orange juice to your blender and puree until smooth. Sneak in extra fiber and omega-3 fatty acids with a spoonful of ground flax seed.

French Toast - Give your favorite French toast a face lift. Prepare your favorite recipe of French toast and top with thin slices of Bartlett pear and a dollop of maple-flavored yogurt.

Homemade Oatmeal - Skip the packet and make your own apple cinnamon oatmeal. Just add chopped apples, a sprinkle of brown sugar, and a dash of cinnamon to your oats as they cook.

Pear & Cottage Cheese - For a quick and easy snack that's high in protein and fiber, slice your favorite pear into low-fat cottage cheese.

Peanut Butter & Apples - Pair your favorite crunchy apple with creamy peanut butter for an easy afternoon pick-me-up.

Baked Apple - Try a baked apple for breakfast or dessert. Core an apple and fill with oats, brown sugar, chopped walnuts, raisins, and cinnamon. Bake at 350 degrees for 30-40 minutes, or until tender.

Cheese Course - Serve a cheese course with favorites like Montrachet, Brie, Cambozola, and Stilton alongside a colorful variety of sliced apples and pears.

Tartlets - Make a variety of delicious tartlets for your next party. Simply fill pre-made puff pastry shells with your favorite flavors! Go savory with chopped pears, walnuts, and Gorgonzola, or keep it sweet with chopped apples, pecans, and caramel. For something extra special, try melted dark chocolate, sweet red cherries, and pistachios.



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Apple Cinnamon Rolls

APPLE CINNAMON ROLLS

Serves 12 or 15

Next time you're looking to make something special for a cozy Saturday morning, give these a try.

Though certainly an indulgent treat, these sweet rolls filled with spiced apples serve up just half the calories you'll find in many bakery creations. A nice departure from raisins, the Grannies offer wonderful apple flavor and needless to say, will make your kitchen smell just heavenly. All wrapped up in a soft yeast dough and drizzled with a simple cream cheese glaze, these apple cinnamon rolls are sure to become a family favorite.

Ingredients

For the dough:

½ cup warm water
2 teaspoons yeast
1/3 cup plus 1 teaspoon granulated sugar
½ cup half and half
2 tablespoons butter
3 tablespoons shortening
1 whole egg plus 2 egg yolks
1 teaspoon vanilla extract
3 ½ to 4 cups all-purpose flour
1 teaspoon salt
Cooking spray or vegetable oil for your rising bowl

For the filling:

2 medium Granny Smith apples
2/3 cup light brown sugar
2 tablespoons ground cinnamon
Pinch salt
3 tablespoons butter, softened
Cooking spray or a dab of shortening for your baking dish
Unflavored and unwaxed tooth floss

For the Cream Cheese Glaze

1 tablespoon cream cheese, softened
1-2 tablespoons milk
¾ cup powdered sugar



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Apple Cinnamon Rolls

Directions:

In a small bowl, combine your warm water, yeast, and 1 teaspoon of granulated sugar. Let this sit for a few minutes until foamy.

Meanwhile, combine the half and half, 2 tablespoons of butter, and shortening in a microwave-safe bowl or liquid measuring cup. Microwave for 30-60 seconds, or until the half and half is warm and the fats are mostly melted. Add to this your 1/3 cup granulated sugar, egg, egg yolks, and vanilla; whisk to combine.

Measure 3 cups of flour into the bowl of an electric mixer and stir in the teaspoon of salt. Now that your yeast has proofed, add this as well as your half and half mixture to the flour. Stir with a wooden spoon until the dough begins to come together and then switch to the dough hook attachment. Knead on medium-low to medium speed for about 5 minutes, or until smooth and elastic. Add the remaining 1/2 to 1 cup of flour as you go. Keep in mind this is a soft dough, so don't go overboard with the flour!

Spritz a large mixing bowl with cooking spray (or oil with a teaspoon of vegetable oil). Add your dough to the bowl, turning to coat. Cover with plastic wrap and allow to rise in a warm place until doubled in size, about 1 1/2 hours.

While your dough is rising in a cozy place, you can get on with the filling. Peel and chop the Granny Smith apples into small bits and set aside.

In a separate small bowl, mix together the 2/3 cup brown sugar, cinnamon, and pinch of salt. Set this aside as well.

Once risen, punch down your dough and transfer it to a silicone work mat or a floured work surface. Use a rolling pin to roll the dough out into a large rectangle, approximately 12 inches deep by 18 or 20 inches long. Then, using your fingers, spread the 3 tablespoons of softened butter over the surface of the dough, leaving about a 1-inch unbuttered border on the side closest to you. Next, sprinkle over your brown sugar mixture, again being careful to avoid that 1-inch border. Use your fingers to lightly press the sugar down. Finally, sprinkle your chopped apples on top of the brown sugar.

Now it's time to roll! Beginning with the end furthest from you, start to roll the dough toward you. Try to make the roll as tight as you can while simultaneously keeping that filling in place. Keep rolling until you reach your naked border. Once you do, pull this edge up and then pinch to seal everything in place. If your roll isn't very uniform, use your hands to squeeze and make it as even as you can.

Lightly grease a 9x13 baking dish and have it nearby.



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Apple Cinnamon Rolls



My favorite way to cut cinnamon rolls is with tooth floss. That's right. Tooth floss. Just make sure it isn't flavored! Begin by making little score marks along the top of the roll, so you know where to cut. Depending on how many rolls you want, you'll either make 12 or 15 slices. Next, take your tooth floss and slide it underneath one end of the roll. Now take each end of the floss in either end, cross them over the top to the other side, and pull. As you pull, the floss will cut through the dough perfectly without mangling or squashing the roll. If this method just isn't your cup of tea, you can certainly use a very sharp knife. Either way, as you make slices, place each one cut-side down into your baking dish, leaving a little space between each one. Cover with plastic wrap and allow to rise in a warm place, until just about doubled in size. (Or, if you're prepping these the night before, cover with plastic wrap and pop the pan in the fridge overnight. In the morning, pull the pan out of the fridge and allow to rise in a warm place for 30 or so minutes before baking. Because the chopped apples have been allowed to macerate all night with the sugar, you may find a pool of sugary apple juice in the bottom of your pan. Not to worry! You can simply spoon this out before baking to avoid soggy buns and either toss it or use it in your glaze for extra apple flavor!)

When it gets close to baking time, preheat your oven to 350 degrees. Remove the plastic wrap, pop these beautiful rolls in the oven on the middle rack, and bake for 20-25 minutes. When done, the tops will be just lightly golden brown in places and a sharp knife poked into the center of one will reveal dough that looks cooked (as opposed to doughy).

While your rolls are baking, take a minute to make the cream cheese glaze. In a small bowl, whisk together the softened cream cheese and powdered sugar. The glaze will be really thick at this point; use the milk to thin it to your desired consistency.

Once the rolls are out of the oven, let them cool for just a few minutes and then drizzle with the glaze. Serve warm and enjoy!

Nutrition information per medium roll (1/15 of recipe):
255 calories, 8 g total fat, 4 g saturated fat, 45 g carbohydrate, 1 g fiber, 4 g protein

Nutrition information per large roll (1/12 of recipe):
320 calories, 11 g total fat, 5 g saturated fat, 56 g carbohydrate, 1 g fiber, 5 g protein



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Pacific Northwest Chopped Salad

PACIFIC NORTHWEST CHOPPED SALAD

Serves 6

This salad pays homage to many of the delicious foods you'll find in the beautiful Pacific Northwest.

From Honeycrisp apples and dried cherries to handmade artisan cheese, this salad offers up an array of the local flavors we love here in the PNW.



Ingredients

Salad

8 thin slices apple wood smoked bacon
10 ounces baby greens
1 large Honeycrisp apple, sliced thin
½ cup walnuts, toasted and chopped
½ cup dried cherries
1 cup sliced mushrooms
3 ounces shaved Beecher's Flagship cheese
½ cup Honey Dijon Vinaigrette

Honey Dijon Vinaigrette (Makes about ¾ cup)

2 tablespoons apple cider vinegar
½ teaspoon orange zest
2 tablespoons freshly squeezed orange juice
2 tablespoons honey
1 tablespoon Dijon mustard
Pinch of Kosher salt
¼ teaspoon ground black pepper
⅓ cup olive oil

Directions:

Preheat your oven to 400 degrees.

Place the bacon slices on a rimmed baking sheet and bake for 5 minutes. Rotate your baking sheet and then bake for another 4-6 minutes, or until crisp. Remove the sheet from the oven and transfer the bacon slices to a plate lined with paper towels. Set aside.

While the bacon is cooking, combine the greens, apple slices, walnuts, dried cherries, mushrooms, and Flagship in a large bowl. This would also be a good time to make the dressing! (See below.)

Once the bacon has cooled a bit, chop the slices into small pieces and then add to the rest of the salad ingredients. Drizzle over the Honey Dijon Vinaigrette and then toss well. Serve now and enjoy!

Honey Dijon Vinaigrette: In a small bowl, whisk together everything but the olive oil. Once well-mixed, slowly drizzle in the olive oil as you continue to whisk. This dressing can be refrigerated for up to a week.

Salad - Nutrition information per serving Nutrition information per serving (1/6 recipe): 330 calories, 24 g total fat, 6 g saturated fat, 21 g carbohydrate, 3 g fiber, 9 g protein

Dressing - Nutrition information per serving (2 tablespoons): 120 calories, 11 g total fat, 1.5 g saturated fat, 6 g carbohydrate, 0 g fiber, 0 g protein



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CHELAN FRESH RECIPES

Hearts of Romaine Salad

HEARTS OF ROMAINE

with Sauteed Walla Walla Sweet Onions, Bartlett Pears, and Gorgonzola

Dressing

Serves 4



Ingredients

Salad

2 teaspoons extra-virgin olive oil
1 large Walla Walla sweet onion
Kosher salt and freshly ground black pepper to taste
2 hearts of romaine, washed and torn (about 8 cups)
1 Bartlett pear, sliced thin
1/3 cup dried cranberries
1/3 cup toasted pecans
1/3 cup crumbled Gorgonzola
1 recipe Gorgonzola Dressing

Gorgonzola Dressing (Makes about 1 cup)

1/4 cup Best Foods Light Mayonnaise
1/4 cup Fage 2% Greek yogurt
1/4 cup reduced-fat buttermilk
3 tablespoons Gorgonzola crumbles
1 garlic clove, minced
Good pinch kosher salt and freshly ground black pepper
Dash of cayenne pepper

Directions:

Begin by heating the oil in a skillet over medium heat. Add the sliced onion and begin to sauté. As the onion cooks, stir with a wooden spoon and regulate your temperature to prevent burning. Once soft and browned throughout, remove them from the heat and season with salt and pepper to taste.

As the onions are cooking, grab a large serving bowl and combine the romaine, sliced pear, dried cranberries, toasted pecans, and Gorgonzola crumbles. Once the onions have cooled just slightly, add these as well and give your salad a good toss. Serve with the Gorgonzola dressing and enjoy!

Gorgonzola Dressing: Gently fold together all ingredients in a small bowl. Store in the refrigerator for up to 5 days.

Salad - Nutrition information per serving Nutrition information per serving (1/4 salad with 1/4 cup Gorgonzola Dressing): 300 calories, 19 g total fat, 6 g saturated fat, 26 g carbohydrate, 6 g fiber, 10 g protein

Dressing - Nutrition information per serving (2 tablespoons): 40 calories, 3 g total fat, 1 g saturated fat, 2 g carbohydrate, 0 g fiber, 2 g protein



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CHELAN FRESH RECIPES

Pepper-Crusted Top Sirloin



PEPPER-CRUSTED TOP SIRLOIN WITH PINOT NOIR AND DRIED CHERRIES

Serves 4

Pan sauces are an easy way to make any weeknight dinner special, not to mention delicious!

Here, steaks are coated with cracked peppercorns and seared in a hot pan, creating a piquant crust while retaining the juices within. A simple deglazing and a handful of sweet dried cherries come together to finish these steaks with bold and complex flavor.

Ingredients

2 tablespoons black peppercorns
4 – 6 ounce top sirloin steaks
Kosher salt
2 tablespoons canola oil

½ cup Pinot Noir
¾ cup beef stock
½ cup dried cherries
1 ½ tablespoons cold butter, diced



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Pepper-Crusted Top Sirloin

Directions:

Begin by cracking those peppercorns into large pieces, either by pulsing in a spice grinder or tossing them into a zip-top plastic bag and tapping with a meat mallet.

Rinse and pat your steaks dry with paper towels, then sprinkle with Kosher salt and the cracked peppercorns. Use your fingers to press the peppercorns into the meat so they adhere.

Heat a large skillet over high heat and add the canola oil. (If you have a skillet that is NOT nonstick, now is the time to use it! Enameled cast iron also works beautifully for searing meats.) When you see the first wisps of smoke, carefully add your steaks. Allow the meat to sear for 4 minutes on one side before flipping. Cook on the other side for another 3-4 minutes for a medium-rare steak. Once to your desired level of doneness, transfer the meat to a warm plate and cover loosely with foil. Set the steaks aside to rest while you make your pan sauce.

Pour off all but a tablespoon of the cooking oil from your skillet and then return it to the stovetop. Pour in the wine and as it furiously bubbles away, use a wooden spoon to scrape up all the browned bits from the bottom of the skillet (also called fond). This is called deglazing the pan. Let the wine reduce by half before adding the beef stock and dried cherries. Again, let your sauce reduce by about half. Once reduced, remove your pan from the heat and stir in the butter, one little piece at a time. In the end, you'll have a silky sauce that lightly coats the back of a spoon. Taste for seasoning and adjust as needed.

Plate your steaks and top with the pan sauce. Serve hot and enjoy!



Nutrition information per serving (1 steak with 1/4 prepared pan sauce): 357 calories, 14 g total fat, 5 g saturated fat, 13 g carbohydrate, 1 g fiber, 38 g protein

For a lighter meal, simply reduce your portion to 4 ounces of top sirloin with 3 tablespoons of sauce and you'll clock in at just under 230 calories!





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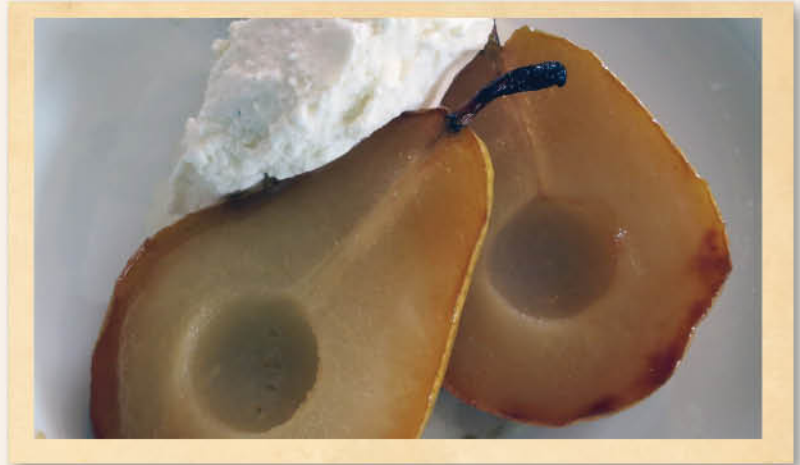
Caramelized Pears

CARAMELIZED PEARS WITH BRANDY & VANILLA

Serves 6

This simple preparation takes the sweet and juicy Bartlett pear to a whole new level.

Roasted and caramelized with a sweet and complex glaze, these pair beautifully with your favorite vanilla bean ice cream for a deceptively decadent dessert or atop creamy Greek yogurt for a sweet and satisfying breakfast. Prepped in less than 10 minutes and out of the oven within 30, you'll find this recipe is as easy as it is delicious!



Ingredients

3 large Bartlett pears, ripe but still a bit firm
1 tablespoon butter
½ cup light brown sugar

2 tablespoons pure maple syrup
1 teaspoon vanilla
1 tablespoon brandy

Directions:

Preheat your oven to 375 degrees.

Line a rimmed baking sheet with either a silicone mat (such as a Silpat) or parchment paper. Smear with the 1 tablespoon of butter and then sprinkle over the brown sugar. Set aside.

Prepare the pears by slicing them in half, top to bottom, and then scoop out the cores using a melon baller or other small scoop. Place each pear half cut-side down onto the sugared baking sheet.

In a small bowl, whisk together the maple syrup, vanilla, and brandy. Drizzle this over the pears and then pop the pan in your oven. Bake the pears for 20-30 minutes, brushing them every 10 minutes or so with the caramel sauce forming on the pan. (A silicone pastry or basting brush works well for this.) The pears are done when you can easily poke them with a fork. Remove from the oven and quickly drizzle with more of the caramel. Serve warm and enjoy!

Nutrition information per serving (½ pear):

155 calories, 2 g total fat, 1 g saturated fat, 42 g carbohydrate, 3 g fiber, <1 g protein

