

Idaho Apple Vanilla Fondue

Serving Size: 1 cup Apples
Number of Servings: 100



Meal Components

1.5 oz eq M/MA
1 cup Fruit

Nutrition Information

216 Calories
6g Saturated Fat
255mg Sodium



Ingredients

25.8 lb	Idaho Apples, Whole, Fresh	1 cup	Vanilla Extract
6.25 lb	Cheddar Cheese	6.25 qt	Plain Nonfat Yogurt
½ cup	Cornstarch	1/2 T	Salt

Directions

Preheat oven to 400°F. Spray four deep steam table pans with cooking spray.

Prepare Ingredients

Wash, core and slice apples. Shred cheddar cheese.

Prepare Yogurt-Cheese Mixture

In a small bowl, whisk cornstarch and vanilla extract until cornstarch is dissolved. In a large bowl, mix yogurt, vanilla mixture, salt, and cheddar cheese.

Prepare and Cook Dish

Spread 25 cups of apples as evenly as possible in each steam table pan. Divide yogurt-cheese mixture into four parts. Using a rubber spatula spread 1 part of the yogurt-cheese mixture evenly over each pan of apples. Bake for 15-20 minutes. Note: it is very important to not overcook this dish as the cheese mixture will become grainy. Dish is cooked when cheese is melted and apples are warm, yet crisp.

Serve Dish

Serve 1 cup apples topped with yogurt-cheese mixture. Apple Vanilla Fondue should not be held in the warmers for longer than 20 minutes.

Chef Tips

The following Idaho apples are great to use in cooking: Fuji, Rome, Jonathan and Golden Delicious. Idaho apples are available from August through May.

Designed By Chef Brenda Thompson, RDN for the Idaho Apple Commission