



## ROSEMARY FRUIT SALAD

Serves four

- 1-tablespoon lemon juice
- 1 pint of strawberries hulled, washed and sliced into halves
- 1 cup of pineapple wedges, fresh or canned
- 2 apples cut into squares
- 2 oranges, peeled and cut into sections
- $\frac{1}{2}$ -cup fruit concentrate or  $\frac{1}{3}$  cup light honey
- $\frac{1}{2}$ -cup water
- $\frac{1}{2}$ -teaspoon rosemary leaves crushed
- $\frac{1}{4}$ -teaspoon whole cloves
- Two cinnamon sticks
- 1 tablespoon orange or lemon zest (peel)

Combine sweetener, water, rosemary, cloves and cinnamon. Bring to a boil and simmer on low for about 10 minutes. Remove from heat, strain and cool. Combine fruit and lemon juice. Pour syrup mixture over the fruit and mix well but gently.

Chill and serve garnished with orange or lemon zest.

**From Pat Spencer, Madison Market**

## FRY PAN APPLE DESSERT

- 3 large Granny Smith apples, sliced
- $\frac{3}{4}$  Cup brown sugar
- 4 eggs, separated, room temp
- 3 Tblsp. butter (plus)
- juice from  $\frac{1}{2}$  lemon
- zest from  $\frac{1}{2}$  lemon

## Cinnamon

In 8" cast iron skillet, sauté apples over medium heat in butter with 1/4 C brown sugar and lemon juice until glazed, turning frequently.

Beat egg whites to soft peaks. Add 1/4 Cup brown sugar and beat until stiff. Beat yolks with 1/4 Cup brown sugar and lemon zest until thick and lemon colored. Fold in whites.

Sprinkle apples in pan with cinnamon.

Spoon whites over apples and bake at 375 for 15 - 20 minutes or until golden brown and set.

Serve at once, flipped over and topped with whipped cream

**From: Stocker Farms, Snohomish**

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This recipe is being suggested as a great method for preparing Puget Sound Fresh ingredients. Please follow safe food-handling practices and check for possible food allergies before preparing and serving any food item.