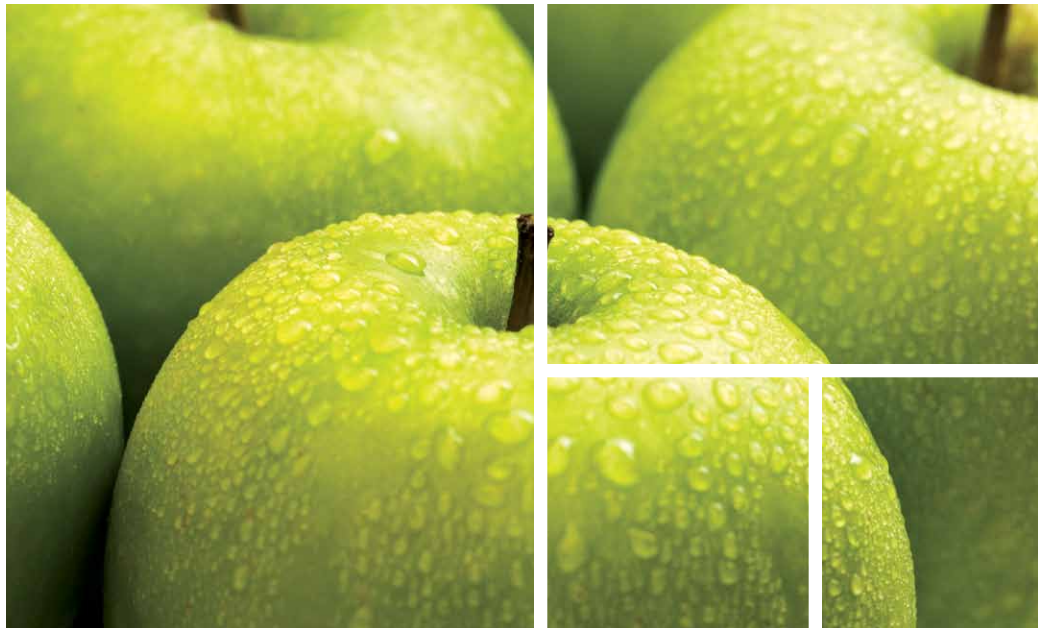


CHEF & CHILD FOUNDATION RECIPE COLLECTION

GREEN APPLE CARPACCIO WITH RED PLUMS AND WHITE CHEDDAR SHAVINGS

Jill Bosich, AAC, ACF Orange Empire Chefs and Professional Cooks Assn

SERVINGS PER RECIPE: 4



Ingredients:

- 1 teaspoon freshly squeezed lemon juice
- 1 cup cold water
- 1 medium green apple, cored
- 1 medium red plum, pit removed, sliced paper thin
- Sea salt, to taste
- 2 tablespoons walnut pieces, toasted
- 2 ounces white cheddar cheese, shaved paper thin
- 1 teaspoon chopped chives
- ½ teaspoon Turbinado sugar
- 3 tablespoons extra virgin olive oil.

Directions:

1. Combine lemon juice with cold water in a small plastic bowl and set aside.
2. Slice the apple into rounds. Bathe slices in lemon water to prevent apples from turning brown.
3. Remove from acidulated water after 30 seconds, pat dry, and line a chilled platter with the sliced apples.
4. Layer the remaining ingredients in random fashion on top of the apples to finish the dish.
5. Drizzle with olive oil. Serve chilled.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (144g)
Servings Per Container
Calories 200
Fat Cal. 160g

*Percent Daily Values (DV) are based on a 2,000 calorie diet.

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 18g	28%	Total Carb 8g	3%
Sat. Fat 4g	20%	Fiber 1g	4%
Trans Fat 0g		Sugars 6g	
Cholest. 15mg	5%	Protein 4g	
Sodium 170mg	7%		
Vitamin A 4% • Vitamin C 6% • Calcium 10% • Iron 2%			



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