

## APPLESAUCE

Serves 4

<b>Ingredients</b>	<b>Amount</b>
Butter or margarine	½ stick
Apples, red delicious, cored and diced	4 each
Cinnamon	1 teaspoon
Vanilla	1 tablespoon
Sugar, granulated	½ - ¾ cup
Raisins, optional	½ cup

### **Method:**

- ~ Melt butter in bottom of saucepan, add apples, cinnamon, vanilla, sugar
- ~ Stir ingredients, cover and cook on LOW for about 20 minutes
- ~ Stir apples, if they have started getting mushy add raisins, cover and continue to cook
- ~ Check apples about every 10 minutes, when they start to fall apart mash like potatoes, taste and adjust seasoning. Serve warm or cold

## WILD RICE AND CHUTNEY SALAD

<b>Ingredients</b>	<b>Amount</b>
Wild rice, uncooked	½ cup
White rice, uncooked	½ cup
Apple, small dice	1 each
Raisins	½ cup
Walnuts, chopped	½ cup
Chutney, Major Grey's	1 - 9 ounce jar

### **Method:**

- ~ Cooked both rices according to package directions, When cooked rinse under cold water in a fine mesh strainer to stop the cooking.
- ~ Mix all ingredients together in a large bowl.
- ~ Refrigerate until ready to serve.



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