



## **APPLE CUPS FILLED with PUMPKINSEED and CHICKEN SALAD**

Any type of apple will work for the cups as well as for the chicken salad,

### *Apple Cups*

1 cup granulated sugar  
1 cup water  
2 apples \*

### *Pumpkinseed Sauce*

8 tablespoons Futter's Pumpkinseed Butter \*  
1 garlic clove \*  
1 2-inch piece ginger, peeled and coarsely chopped  
Juice of 1 lemon  
2 tablespoons tamari or soy sauce  
3 tablespoons plus 1 ½ teaspoons water  
¼ teaspoon Asian chili oil

### *Salad*

2 bone-in, skin-on chicken breasts  
4 cups water  
1 stalk celery, finely diced  
½ apple, finely diced \*

**Apple Cups:** Preheat oven to 200 degrees. Combine sugar and water in a small saucepan over medium heat. Let sugar dissolve completely. Cool. Slice whole, unpeeled apples horizontally (through the core) to 1/8- 1/16- inch thick. Dip each in sugar syrup. Place slices on a parchment lined baking sheet and cook for 1 ½ to 2 hours or until pliable and lightly golden. Fit each slice into a non-stick mini-muffin cup to form a cup. Let dry. **Pumpkinseed Sauce:** Puree all sauce ingredients in a blender or food processor.

**Salad:** Place the chicken breasts in a medium-size saucepan. Cover with water, salt and bring to a simmer. Cook for 20 minutes. Turn off heat and let cool in liquid. Shred the chicken and add celery and apple. Mix in the pumpkinseed sauce. Serve in apple cups.

**\*Available at the Farmstand**

From Melissa Graham of Monogram Events

