

Persimmon and Spinach Salad

Ingredients

1½ tablespoons olive oil
3 tablespoons 100% orange juice
2 tablespoons rice vinegar
½ teaspoon salt
3 cups spinach, washed
3 medium Fuyu persimmons, sliced
¼ cup dried cranberries

Preparation

1. In small bowl, combine oil, orange juice, rice vinegar, and salt for dressing. Chill in refrigerator.
2. In large bowl, combine spinach, persimmons, and cranberries.
3. Toss salad with dressing and serve.

Yield: 3 cups

Autumn Harvest Treat

Ingredients

5 medium Fuyu persimmons
1 (8oz) package reduced fat cream cheese
1 bag dried cranberries
1 bag pumpkin seeds

Preparation

1. Slice the persimmons horizontally into ¼ inch thick rounds.
2. Spread a thin layer of cream cheese on top of the persimmon slice.
3. Creatively top persimmon rounds with cranberries and pumpkin seeds.

Yield: 20 slices

Persimmon Apple Salad

Ingredients

5 medium Fuyu persimmons, chopped
2 Granny Smith apples, chopped
1 lemon, juiced
1 Tablespoon honey

Preparation

1. Combine the persimmons and apples in a large bowl.
2. Whisk lemon juice and honey in a small bowl.
3. Pour dressing over apples and persimmons. Stir to combine.
4. Serve and enjoy!

Yield: 4 cups