

Sweet Family Favorites to Celebrate Lent

FAMILY FEATURES

If you're in search of a meatless meal - whether you're observing Lent or simply adhering to your own dietary restrictions - remember you don't have to sacrifice on taste. Enjoying a delicious dish without the meat can be an easy feat with just a few everyday ingredients.

Start with the craveable texture and crunch of Envy Apples - a leading apple variety - that provide balanced sweetness with flesh that remains white longer, even after cutting. While they're often best served fresh or paired with cheese boards, sandwiches or mocktails, their sweetness also helps play up meatless favorites like Seared Salmon with Apple Slaw.

The flaky baked fish is complemented perfectly by Asian-style barbecue sauce and fresh herbs then paired with a sweet homemade apple slaw for a classic Lenten dish with a tangy twist. For a family meal that doubles down on freshness, try pairing with roasted broccolini or a light salad.

Firing up the grill isn't only for beef, chicken and pork - you can prepare a tasty recipe over an open flame while skipping the meat with Grilled Apple Portobello Burgers. Simply substitute beef with thick portobello mushrooms and naturally white Envy Apple slices that maintain their beauty while cooking so your finished "burgers" look as delicious as they taste.

These plant-forward meals featuring the uplifting aroma and flavor of apples offer an invitation to savor small moments around the table and can help you celebrate Lent and beyond with an ultimate apple experience that introduces your loved ones to new ways to rethink weekly favorites.

Find more meatless meal inspiration by visiting EnvyApple.com.

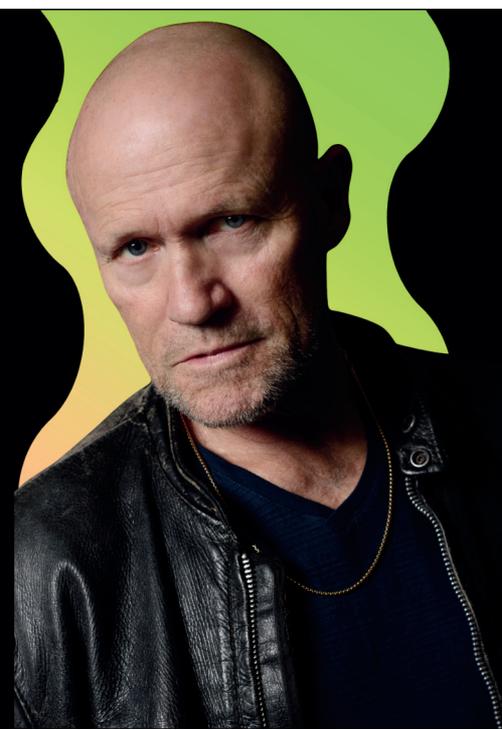
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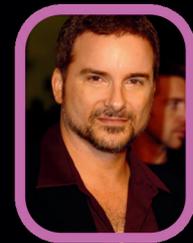
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