



My husband, Vince, and I have just returned from a much-needed vacation to the mountains of Tennessee and North Carolina. We both have salt water in our veins and love the ocean. Still, it's always great to admire the breathtaking majesty of the mountains. The cooler temperatures were pretty wonderful, too! Always on a quest for new recipes and catering ideas, I found myself surrounded by trees loaded with apples and couldn't resist the temptation to test some inspirations.

North Carolina is known for its many varieties of apples. Gala, Gingergold and Honeycrisp apples were available at the farm stands, so Vince and I bought a peck on our way back to the Lowcountry and I've been making apple recipes ever since. The recipes this week are two of my favorites, so far. The Apple-Mango Salsa recipe makes about 5 cups and will last for 3 to 4 days in the refrigerator. I used the extra salsa tossed with chopped romaine lettuce for an easy chopped salad. I think it would also be delicious on a slice of pound cake or with homemade vanilla ice cream. The Baked Apples are wonderful! They're just the right size for dessert, can be baked a day before serving and then reheated, and are much healthier than a slice of apple pie. I hope you enjoy this sampling of yumminess from the mountains!

Grilled London Broil with Apple-Mango Salsa

