



# From the Food Bank Kitchen

## Apple Appeal

Most people have heard the phrase “An apple a day keeps the doctor away.” Apples are a great source of fiber, providing 4 grams per apple (including skin), and about 100 calories. Apples are very versatile for cooking, and are the most cultivated tree fruit in the world. Americans eat an average of 15 pounds of apples per person every year. Apples are great as a snack (try pairing them with cheese or peanut butter), or baking into a fruit dessert like pies, muffins, and crisps. Sauté them with meats and stews, add to salads, or pair them with fall vegetables like sweet potatoes, carrots, parsnips and squashes. **STORAGE:** Do not wash apples until ready to eat. Store in the refrigerator, as keeping them at room temperature will allow them to get mushy more quickly. Sweet apples like McIntosh tend to brown faster when cut than Empire, Cortland, or Granny Smith varieties. To prevent sliced apples from browning, dip into a mix of 1 part lemon juice and 3 parts water.

Different types of apples vary in **texture, taste, acidity, sweetness**, and response to being cooked. It is helpful to know what type of apple to use for what purpose.

**Snacking:** Try Red or Golden Delicious or McIntosh. Honey Crisps are juicy and crunchy. Braeburn and Gala have good crunch and a nice balance of sweetness and acid. Fujis are noted for their sweetness.

**Baking Apples:** A good baking apple holds its shape when cooked. The classic choice for pie is the tart Granny Smith. For bolder flavors in a pie, try Jazz or Pink Lady varieties. Galas and Fujis are ideal in cakes and muffins.

**Applesauce:** For *smooth* applesauce choose McIntosh, Macoun, or Empire varieties, which break down quickly when cooked. If you prefer a *chunky* texture, try Cortland, Golden Delicious, Granny Smith, or Northern Spy types. Apples are a good source of **pectin**, which keeps applesauce thick and smooth without the need for starches or gums.

### Skillet Apples

5 servings

Source: [47 Healthy Soul Food Recipes](#)

- 1 large Granny Smith apple, cut into ½-inch wedges
- 1 large Gala or Red Delicious apple, cut into ½-inch wedges
- 1 Tbsp butter or margarine
- 2 Tbsp dark brown sugar, firmly packed
- ½ tsp cinnamon

Heat a large non-stick skillet over medium-high heat. Immediately reduce to medium heat. Put all the ingredients in the skillet and stir together. Cook for 10 minutes, or until just tender, stirring gently and frequently.

### Microwave Apple Cinnamon Oatmeal

1 serving

**Ingredients:** 1 small apple, ½ cup dry old-fashioned oats, 1 cup water, pinch cinnamon, 1 tsp brown sugar, 1 Tbsp walnuts  
**Directions:** Core and coarsely chop apple. Combine apple and oats in a 2 cup or larger microwave-safe bowl. Stir in water. Heat in the microwave on high for between 3 to 5 minutes, watching to be sure it doesn't rise over sides of the dish. Apples will be softened and most of the liquid absorbed. Add brown sugar. Stir, then top with chopped walnuts and enjoy!

### Homemade Cinnamon Applesauce

12 (6 oz) servings

Source: [simplyrecipes.com](http://simplyrecipes.com)

May be prepared on stove or in a Crockpot-style slow-cooker

- 3-4 lbs peeled, cored and quartered apples (use a good cooking apple variety like Golden Delicious, Granny Smith, Cortland, Northern Spy, or McIntosh)
- Juice of one lemon, about 3-4 Tbsp
- 1 tsp cinnamon (or to taste)
- ¼ cup dark brown sugar (or to taste)
- 2 Tbsp white sugar
- 1 cup water
- ½ tsp salt (optional)

**Nutrition Facts:** Calories 110, Fat 0, Sodium 100 mg, Carbohydrate 28 gm, Fiber 3 gm, Sugar 22 gm, Protein 1 gm

**Directions:** Put all ingredients into a large pot. Cover. Bring to boil. Lower heat and simmer for 20-30 minutes. Remove from heat. Mash with potato masher (for chunky texture) or put briefly in blender if you prefer a smooth texture. Serve warm or refrigerated. The applesauce will keep for one week in the fridge, but freezes well. If using a slow-cooker, add all ingredients and set on low for 6 hours, stirring occasionally.

SEE REVERSE SIDE FOR MORE APPLE RECIPES

## Apple Crisp

6 servings

Source: [www.sparkpeople.com](http://www.sparkpeople.com)

### BASE

- 3 medium baking apples, cored, sliced thin
- 1 tsp cinnamon
- 2 Tbsp sugar
- 2 Tbsp flour

### TOPPING

- 1 tsp vanilla
- ½ tsp cinnamon
- ¼ cup brown sugar
- 2 Tbsp butter
- 1 cup quick oats

**Directions:** Spray a 9-inch square or round baking dish with non-stick spray. Mix first four ingredients and place into baking dish. In a small bowl, mix topping ingredients until crumbly. Sprinkle topping over the apples. Bake at 325°F until apples are soft and topping is golden brown (about 30 minutes).

**Nutrition Facts:** *Calories 190, Fat 5 gm, Sodium 51 mg, Carbohydrate 37 gm, Fiber 3 gm, Sugars 22 gm, Protein 2 gm*

## Waldorf Salad

2 servings

Source: Adapted from [marthastewart.com](http://marthastewart.com)

- ¼ cup low-fat plain yogurt
- 1 Tbsp lemon juice
- ¼ tsp coarse or regular salt
- ¼ tsp ground pepper
- 2 cups Granny Smith apple (about 1 large apple), cored and cut into ½-inch pieces
- ½ cup celery (about 1 stalk), diced
- ½ cup halved red seedless grapes (or raisins or dried cranberries)
- ½ cup toasted walnuts, chopped
- 2 tsp honey
- 4 lettuce leaves (optional)

**Directions:** To toast walnuts: preheat oven or toaster oven to 350°F and spread an even layer of nuts on baking sheet. Roast for about 5 minutes, until nuts darken and develop a nutty aroma. Check for doneness, remove tray and let cool. In a medium bowl, whisk together yogurt and lemon juice; season with salt and pepper. Add apple, celery, red seedless grapes (or raisins or dried cranberries), and toasted walnuts; toss to coat with dressing. Drizzle on honey. Cover; refrigerate until ready to serve, up to overnight. Divide salad in half and serve each portion on 2 lettuce leaves (if desired).

**Nutrition Facts:** *Calories 250, Fat 13 gm, Sodium 290 mg, Carbohydrate 34 gm, Fiber 5 gm, Sugars 26 gm, Protein 5 gm*

## Sweet Potato Casserole with Caramelized Apples

8 servings

Source: *An Apple a Day* by Karen Berman and Melissa Petitto in [usaweekend.com](http://usaweekend.com)

- 4 large sweet potatoes
- 2 Tbsp salted butter, divided
- 2 Tbsp olive oil, divided
- 2 Tbsp low-fat milk
- ½ cup applesauce
- 3 Tbsp light brown sugar
- 2 tsp grated fresh ginger
- 1 tsp lemon zest
- 1 tsp salt (sea salt preferable)
- 1 tsp freshly ground black pepper
- 2 Honey Crisp or Fuji apples, peeled, cored & sliced

**Directions:** Preheat the oven to 400°F. Grease a 4-quart baking dish and set aside. Prick the potatoes with a fork and wrap each one in foil. Place them on a baking sheet and bake for 1 hour. Turn off oven and let them sit in the oven for 30 minutes to finish cooking and cool slightly. Remove from oven and cool for 30 minutes. Peel potatoes, discarding skins, and scoop flesh into a large bowl. Add 1 Tbsp butter, 1 Tbsp olive oil, and cream. Beat with a hand-held mixer for 1-2 minutes on medium-high until smooth. Mix in applesauce, ginger, lemon zest, salt and pepper. Transfer mixture to the prepared baking dish; set aside. In a medium bowl, combine the apples and brown sugar; toss to combine. In a large non-stick sauté pan set over medium heat, melt 1 Tbsp butter with 1 Tbsp olive oil. Add the apples with sugar and sauté, stirring occasionally, until they are caramelized and golden brown, about 15 minutes. Top the sweet potato mixture with the apples. Bake for 10-15 minutes or until warmed through. Serve hot.

**Nutrition Facts:** *Calories 210, Fat 8 gm, Saturated Fat 2 gm, Sodium 376 mg, Carbohydrate 35 gm, Fiber 4 gm, Protein 2 gm*

For more delicious apple recipes, visit these websites: [fruitsandveggiesmorematters.org](http://fruitsandveggiesmorematters.org), [cookinglight.com](http://cookinglight.com)