Enjoy Apples!!

Apples are a fall favorite that can be used in a variety of ways from snacks to salads to desserts. Try different apple varieties for added flavor and texture. Here are a few ideas:

**Microwave Applesauce**
5 medium apples, cored
1/4 cup water
3 Tablespoons sugar (or to taste)

Place apples in a microwave dish. Add water, cover. Microwave on high 10-12 minutes. Let stand covered, 10 minutes. Remove skins and mash with fork. Mix in sugar.

*NOTE: Different apple varieties may need more water and sugar; larger apples need more cooking time.

**Easy Apple Crisp**
8 - 10 apples* (about 3 pounds) peeled and sliced into lightly oiled baking dish
1/2 cup juice - any kind - pour over apples.
Cinnamon—sprinkle to taste over apples

**Topping**
1/4 cup butter or margarine
3/4 cup flour
1/3 cup sugar

Mix until crumbly and sprinkle over apples.

Bake at 350°F about 45 minutes until brown. Serve warm or cold.

*1 pound of apples = 4 small or 3 medium or 2 large apples or 3 cups sliced or 1-1/2 cups grated apples.

**Apple Cinnamon Wrap & Roll**
3 Tablespoons sugar
1 teaspoon cinnamon
3 teaspoons vegetable oil
2 apples (2 cups chopped)
1/3 cup low-fat vanilla yogurt
4 six inch tortillas

Mix sugar and cinnamon in small bowl. Pour 1 teaspoon oil in small saucer. Wash and chop apples. Place in medium bowl. Add yogurt to apples, stirring to combine. Lay tortilla flat on plate. Use clean fingers to lightly coat top side with oil. Sprinkle with a spoonful of cinnamon sugar. Flip tortilla so un-oiled side is up. Using 1/4 of apple mixture, fill half of tortilla, folding other half over mixture. Heat 2 teaspoons oil in frying pan on medium. Place folded tortilla in pan and cook about 1 minute, or until lightly browned. Flip to cook second side. (If oil starts to smoke, remove pan from burner for a minute and then continue.) Remove from pan and cut in half. Repeat with remaining tortillas. Serve.

**Apple Salad**
3 medium apples (washed and unpeeled), cut in chunks
1/2 cup crushed pineapple, drained (save juice)
1/4 cup celery, diced
1 Tablespoon raisins
1/4 cup vanilla yogurt
1 Tablespoon pineapple juice
1/8 teaspoon cinnamon

Combine apples, pineapple, celery, and raisins. Mix yogurt, pineapple juice, and cinnamon together and blend into other ingredients. Serve.

**Dip for Apples**
1/3 cup peanut butter
1 cup vanilla yogurt (8 ounce carton)
Mix together. Add more vanilla yogurt if needed to thin to dipping consistency. Sprinkle with cinnamon, if desired.

Variations: try berry flavored yogurt. Good with other fruit too.

**Nutty Apple Wedges**
1 medium unpeeled tart apple, cored
1/2 cup peanut butter
1 cup crushed cornflakes or favorite cereal

Cut apple into 12 thin wedges. Spread peanut butter on cut sides; roll in crushed cornflakes. Serve.
Food Safety
• Look for firm flesh, full color for the type and lack of bruises. Store apples in the crisper section of your refrigerator, a cool cellar or garage. Apples need to be placed in plastic bags with air holes to allow escape of gasses. Keep away from strong tasting foods such as onions. Also, don’t store near peaches or bananas because this will cause the fruit to ripen quickly.
• Mealiness may mean too long or improper storage. Browning near the core means that the fruit has been stored at too low a temperature.
• Always wash apples before eating or cooking them - even if they are pre-bagged.

Apple Tips
• The best apples to use for pies and other baked dishes are those that mature late in the season. These apples tend to have firmer flesh and a tangier flavor than the early fall varieties. Some of the best choices are: Granny Smith, Cortland, Jonathon, Northern Spy, Rome Beauty and R.I. Greening.
• If you’re making a salad, or using sliced apples on a platter, choose an apple with great crunch and color, such as Cortland, Red Delicious or Granny Smith.
• Apples are naturally high in water content, so they really don’t need any extra moisture for any dish. Never use any water in pies or Betties, or you’ll wind up with soup. When cooking applesauce, use only enough water to avoid scorching.
• A touch of sweetness brings out the natural apple flavor, depending on the tartness of the apples used. But too much sugar drowns out the apples’ taste, and makes them mushy.
• Substitute fresh apple cider for water. Fresh apple cider is best during apple season. Use it in just about any recipe in place of water to jazz up old favorites. Try steaming vegetables; such as carrots or cauliflower, with cider. Use it to baste chicken, pork chops, or turkey. Sauté fish or scallops in spiced cider for a delicious change of pace.
• Use applesauce with imagination. Applesauce muffins, bread, or cake batter produces a moister, denser, tangy result with an aroma that will wake up taste buds. Warm applesauce is a great topping for pancakes, waffles, and ice cream, and is a perfect complement to ribs, chops, and even quiche.

Free Nutrition Education Programs
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Kid’s Corner
Using a cookie cutter, cut “breadmen” out of the slices of bread. Spread each lightly with butter or margarine to the very edge. Spoon 1-2 Tablespoons applesauce on each man making sure to reach the edges. Sprinkle lightly with brown sugar and cinnamon. Place on a cookie sheet and bake at 400º for 10-15 minutes.

Food Safety
• Freeze extra apples: core, peel and slice the apples, dunk slices in lemon juice, pack closely in container and freeze. Or, make a huge batch of applesauce out of all the extra apples, and freeze them in small containers.
• Try different apple varieties to make sauce: you’ll be amazed at the flavor differences.

Hot Apple Breadmen
bread slices
brown sugar
applesauce
butter or margarine

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