



The Apple!

~Symbolizing goodness since the beginning of time~

Apple Salsa

2 medium apples, diced
½ cup finely diced red bell pepper
1 jalapeno, seeded and diced
⅓ cup lime juice
¼ cup finely diced red onion

1 tablespoon honey
¼ teaspoon salt
Cilantro, to taste
Pepper, to taste

Combine all ingredients in a medium bowl.
Yield: 12 (¼ cup) servings

Apples contain pectin, a source of soluble fiber that helps lower cholesterol.

Apple Sweet Potato Bake

5 cups thinly sliced sweet potatoes (or yams), peeled
2 cups apples, peeled, cored, and thinly sliced

½ teaspoon cinnamon
1 ½ tablespoons brown sugar

Preheat oven to 375 degrees. In a large bowl, toss together all ingredients. Pour ingredients into a baking dish. Cover and bake for 45 minutes. Remove cover and cook 10-15 minutes longer, until soft.

Yield: 6 servings

Autumn Spinach and Apple Salad

2 tablespoons orange juice
2 tablespoons lime juice
2 teaspoons Dijon mustard
2 teaspoons honey
¼ teaspoon salt

⅛ teaspoon pepper
½ cup thinly vertically sliced red onion
8 cups bagged spinach (about 8 oz.)
1 large apple, cored and thinly sliced
¼ cup crumbled blue cheese (optional)

Combine juices and spices and combine with a whisk. Combine spinach, apple, and onion in a large bowl. Drizzle with dressing and toss gently to coat. Add cheese, if desired.

Yield: 6 servings

Apple Pasta Salad

1 (14-oz.) package whole wheat pasta
1 cup grapes, cut in half
¼ – ⅓ cup light or fat free poppy seed dressing

2 apples, diced
2 chicken breasts, cooked and diced

Other possible additions: Pineapple, water chestnuts, cashews, chopped celery, diced cheddar cheeses, etc.

Cook pasta according to package directions. Rinse and drain. Add other ingredients and toss lightly with dressing to coat.

Yield: 8 – 10 servings

Apple and Butternut Squash Soup

1 tablespoon butter
1 tablespoon olive oil
3 large yellow onions
1 – 2 tablespoons mild curry powder
5 pounds butternut squash (2 large), peeled and cut into chunks

4 apples, peeled, cored, and quartered
2 teaspoons kosher salt
½ teaspoon ground black pepper
3-4 cups water
2 cups unsweetened apple juice

In a large stockpot, sauté onions and curry powder in the butter and olive oil until golden. Add squash, apples, salt, pepper, and water. Bring to a boil, cover, and simmer over med-low heat for 30-40 minutes, until squash and apples are very soft. Process the soup through a food processor, blender, or use an immersion blender until smooth. Return to pot and add juice. Soup should be lightly sweet and quite thick. Check salt and pepper, season as necessary. Serve hot.

Yield: 5 quarts

Baked Apples

4 apples, peeled, cored and cut in half
Raisins

Orange juice
Cinnamon and nutmeg

Preheat oven to 350 degrees. Place apples in baking dish. Fill centers with raisins, drizzle with orange juice, then sprinkle with cinnamon and nutmeg. Bake 45-60 minutes, until apples are tender.

Yield: 4 servings

Eating Apples: Crisp, crunchy, juicy apples such as Fuji, Gala, or Red Delicious.

Cooking Apples: Firm, tart apples that hold their shape in high heat, including Golden Delicious, Granny Smith, and Rome Beauties.

All-purpose Apples: Braeburn, Jonathan, McIntosh, and Pink Lady

This material was funded by USDA's Supplemental Nutrition Assistance Program. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/osp/outreach/coalition/map.htm>. This institution is an equal opportunity provider and employer.

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