

MAKE YOUR FOOD DOLLARS COUNT

A Publication of Cornell Cooperative Extension of Herkimer County



Easily one of the best comfort foods of fall, apples can be used in a variety of ways from snacks to salads to main dishes. Try some of these recipes with your family.



"Falling" for Apples

Microwave Applesauce

- 5 medium apples, cored
- 1/4 cup water
- 3 Tablespoon sugar (optional 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 (if desired).

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

Yield: 8 servings; serving size 1/2 cup, (45 calories, 0 grams fat, 0 grams trans fat, 0 mg sodium, 2 grams fiber)

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 (optional)
- 1/4 cup low fat vanilla yogurt
- 1 Tablespoon pineapple juice
- 1/8 teaspoon cinnamon

Combine apples, pineapple, celery, and raisins if desired. Mix yogurt, pineapple juice, and cinnamon

together and blend into other ingredients. Serve.

Yield: 8 servings; serving size 1/2 cup, (60 calories, 0 grams fat, 10 mg sodium, 0mg trans fat, 2 grams fiber)

Apple-Berry Salsa with Cinnamon Chips

- 8 large flour tortillas
- water
- 4 Tablespoon sugar
- 2 teaspoon cinnamon
- 2 medium Granny Smith apples, cored and chopped
- 1 cup strawberries, hulled and sliced
- 1 kiwi, peeled and chopped
- 1 small orange, grate rind, squeeze juice
- 2 Tablespoons brown sugar
- 2 Tablespoons apple jelly

Preheat oven to 475°. Brush tortillas with water. Combine sugar and cinnamon; sprinkle over tortillas. Cut each tortilla into eight wedges. Bake 5-7 minutes or until golden brown.

Combine prepared fruit, orange rind, orange juice, brown sugar and apple jelly. Serve with cinnamon chips.

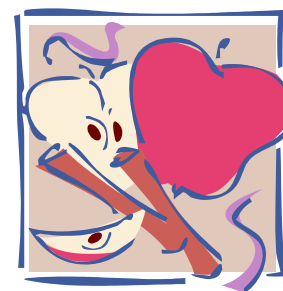
Yield: 16 servings; serving size 4 wedges, (110 calories, 2 grams fat, 160 mg sodium, 0 trans fat, 1 gram fiber)

Squash and Apple Crisp

- 6 cups butternut squash (cooked)
- 3 cups chopped apples
- 1/4 cup butter or margarine
- 1/4 cup brown sugar
- 1/4 cup flour
- 1/3 cup old-fashioned oatmeal

Stir together cooked squash and chopped apples. Spread squash and apples in a lightly oiled 9X13-inch pan. Combine butter or margarine, sugar, flour and oats until crumbly and sprinkle over squash and apple mixture. Bake in 350° oven for 35 to 40 minutes or until hot and brown. Serve warm.

Yield: 18 servings; serving size 1/2 cup, (80 calories, 2.5 grams fat, 0 grams trans fat, 5 mg sodium, 3 grams fiber)





Stretching Your Food Dollars

- Try making your own mulled cider. Place apple juice or cider in a large pot and add a cinnamon stick, and a couple of cloves. Simmer for about 30 min, and serve immediately in big mugs. A great drink for chilly days!
- Go directly to the orchard! Find a local apple orchard that allows you to pick your own apples. It's a great time for the kids and helps support and know your local farmers. Picking your own apples allows you to get exactly what you're looking for too.
- 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.

Apple Tips



- Always wash apples even if they are pre-bagged before eating or cooking.
- 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 or Granny Smith. To keep apples from browning, use 2 Tablespoons lemon juice in 2 cups water. Dip apple slices into mix and drain well before adding to salad.
- 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.

Kids Corner: Apples Printing Press!

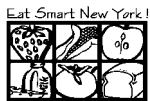


Materials Needed: apples, paper towels, styrofoam plate, meat tray, or other shallow dish, construction paper, paint

Instructions:

- ✓ Cut the apples in half. Experiment with apples by cutting them different ways. Cut from the top to the bottom to make a 'traditional' apple print, cut through the middle to make apple "star" prints. Cut the apple into quarters for a different print also!
- ✓ Fold a paper towel into fourths and lay it on the bottom of a shallow dish. Pour paint into the center of the paper towel to make it into a stamp pad. You can use red, green, and yellow paint to represent the different kinds of apples.
- ✓ Dip the cut side of the apple into the paint. Dab it around on the paper towel to wipe of excess paint, and then press it onto the paper.
- ✓ You can also use fabric paint and make an apple print t-shirt or towels.

Free Nutrition Education Programs



Nutrition staff are available to help limited income individuals and families throughout Herkimer County stretch their food dollars to feed themselves and their families better.

Lessons can take place in participants homes or worksites as well as at community centers. Newsletters and other resources are also available by mail.

Topics include:

- Budgeting and stretching food dollars.
- Basic nutrition and menu planning.
- Preparing low cost, easy recipes and menus.
- Preserving, storing and preparing food safely.

Contact: Cornell Cooperative Extension
5657 State Rt. 5,
Herkimer, NY 13350
(315) 866-7920

Need help paying your grocery bill? Food Stamps can help!

Call (315) 894-9917 today.

Nutrition Outreach & Education Program of Catholic Charities of Herkimer County

Cornell Cooperative Extension
Herkimer County
5657 NYS Rt. 5
Herkimer, NY 13350

NON PROFIT PRST STD
US POSTAGE PAID
Herkimer, NY 13350
Permit No. 25

Return Service Requested