

## Apple Basics

### APPLE INFORMATION

- Always look for fresh-looking, firm apples with good color.
- Handle apples carefully to prevent bruises.
- Store apples in a plastic bag in the refrigerator.
- Warm temperatures cause apples to rapidly lose crispness and flavor.
- Apples are a source of dietary fiber, potassium and other vitamins and minerals.
- One medium apple has about 80 calories and is free of fat, cholesterol and sodium.

### APPLE IDEAS

- Serve raw crisp apple slices and cheddar cheese for a light dessert.
- Spread peanut butter on apple slices for a snack kids will love.
- Add chopped apples to poultry or pork stuffing for great flavor.
- Coleslaw and tuna salad will taste even better when you add chopped apples.
- A baked apple makes a great dessert or breakfast food.
- For a super side dish, sauté apples and onions and serve with a sprinkling of grated Parmesan cheese.

### FRESH APPLE CRISP

(About 6 servings)

Peel and slice 6 medium all-purpose or cooking apples. Sprinkle with juice of half a lemon, 2 tablespoons sugar and 1 teaspoon cinnamon. Toss to coat. Place in a buttered baking dish. In a small bowl combine ½ cup brown sugar, ½ cup all-purpose flour, and 5 tablespoons butter or margarine. Sprinkle brown sugar mixture over apples. Bake at 375 °F for 30 minutes or until apples are tender.

### GRANOLA BAKED APPLES

(About 4 Servings)

Core 4 all-purpose or cooking apples. Cut out center to leave a ½-inch shell. Chop ½ cup apple from the center and reserve. Cut a strip of peel ½ inch wide around the top of apple. In medium bowl mix ¾ cup granola cereal, reserved ½ cup chopped apple and 2 tablespoons brown sugar. Fill scooped-out apples. Place in shallow baking dish; add ¼ inch water to bottom. Cover and bake at 350 °F for 45 minutes or until apples are tender. Serve with sour cream, if desired.



### MICROWAVE APPLESAUCE

(Makes 1 quart)

Place 6 peeled and quartered apples and ¼ cup water in a 2-quart microwave-safe baking dish. Cover and cook on high power 6 to 8 minutes or until tender. In a food processor, combine cooked apples, ⅓ cup sugar and ¼ teaspoon cinnamon. Process until smooth. If chunky applesauce is preferred, mash with a fork, rather than using the food processor.

For information on preserving apples, request HGIC 3120, *Preserving Apples*, or contact your local Extension office.

**Source:** United Fresh Fruit and Vegetable Association. *The Fresh Approach to Apples*.

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This information has been reviewed and adapted for use in South Carolina by P.H. Schmutz, HGIC Information Specialist; J. E. Campbell, graduate student; and E.H. Hoyle, Extension Food Safety Specialist, Clemson University.

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