

On Your Way to 5 A Day  
With Apples

Official 5 A Day Recipes Featuring Apples and Apple Products

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You can be well on your way to 5 A Day...with apples!

Leading health authorities including the National Cancer Institute, National Academy of Science  
 Delicious, nutritious apples can help get you well on your way to 5 a day! Fat-free\*, saturate  
 The following recipes are drawn from recipes published by the Produce for Better Health Foundat  
 Each recipe is an official 5 A Day recipe -- which means you can be sure you are getting at lea  
 For your convenience, many of the recipes include speedy microwave directions as well.  
 When reprinting these recipes, the sky is the limit! Create your own recipe book or recipe card  
 We encourage you to expand your horizons. Try recipes that are unfamiliar to you, and experime  
 Here's to healthy eating with apples!

\* Based on new nutritional analyses that are subject to approval by the U.S. Food and Dru  
 BREAKFAST

#### BREAKFAST APPLE-CITRUS COMPOTE

2 C peeled and sliced tart apples (about 2 medium)  
 1 1/2 C (about 9 ounces) pitted prunes  
 1 1/2 C orange juice  
 2 T honey  
 1 T lemon juice  
 1/2 t cinnamon  
 2 navel oranges, peeled and cut into segments  
 2 pink grapefruit peeled and cut into segments  
 mint sprigs for garnish

In 2 to 3 quart saucepan combine apples, prunes and orange juice; bring to boil, reduce heat an  
 Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 329; Fat, 1 g; Cholesterol, 0 mg; Fiber, 9 g;  
 Sodium, 5 mg; Percent calories from fat, 2%.

EASY BREAKFAST PARFAIT

1 1/3 C unsweetened applesauce  
 1 C (about 6 ounces) pitted prunes  
 1 1/2 C natural wheat and barley cereal  
 1 pint plain nonfat yogurt  
 4 pitted prunes, for garnish

Combine applesauce and 1 C of prunes. For each serving, in a 9 to 10 ounce stemmed goblet, lay

Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 377; Fat, 1 g; Cholesterol, 2 mg; Fiber, 9 g; Sodium, 345 mg; Percent calories from fat, 2%.

#### FRESH ORANGE COMPOTE WITH GRANOLA

2 Navel oranges, peeled, separated into segments, halved  
 1 apple or pear, diced  
 1/2 C seedless red or green grapes, halved  
 1 banana, peeled, thinly sliced  
 2 T fresh squeezed orange juice  
 1/2 C fat-free or low-fat granola cereal

In a medium bowl toss together orange half segments, apple, grapes, banana and orange juice. S

Recipe provided by Sunkist Growers, Inc.

Nutritional analysis per serving: Calories, 102; Cholesterol, 0 mg; Fat, 1 g; Fiber, 2 g; Sodi

#### GOLDEN APPLE OATMEAL

1/2 C (about 1/2 medium) diced Golden Delicious apple  
 1/3 C each apple juice and water  
 1/8 t salt (optional)  
 Dash each ground cinnamon and nutmeg  
 1/3 C quick-cooking rolled oats, uncooked

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute

Nutritional analysis per serving: Calories, 180; Fiber, 4 g.; Cholesterol, 0; Sodium, 25 mg.

#### SWISS MUESLI

1 1/2 C rolled oats  
 1 1/2 C water  
 2 C shredded unpeeled apples  
 1 1/2 C (about 9 ounces) pitted prunes, whole or halved  
 2 T honey  
 2 T lemon juice  
 1/2 t cinnamon  
 fresh fruits (sliced banana, apple, pineapple; orange segments)  
 chopped almonds or pecans

Combine oats, water, shredded apples, prunes, honey, lemon juice and cinnamon. Cover and refri

Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 218; Fat, 2 g; Cholesterol, 0 mg; Fiber, 4 g; Sodium, 5 mg; Percent calories from fat, 7%.

#### SALADS

##### APPLE BROCCOLI SALAD

2 McIntosh, Empire or Cortland apples  
 3 C fresh raw broccoli, cut up  
 1/4 C chopped walnuts  
 1 T chopped red onion  
 1/3 C raisins  
 1/2 C vanilla low-fat yogurt

Core and chop apples. Mix all ingredients together. Serve on a bed of lettuce. Makes 4 to 6

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 118; Fat, 4 g; Cholesterol, 1 g; Fiber, 2 g; Sodium, 27 mg; Percent calories from fat, 28%.

#### APPLE CABBAGE SALAD (MICROWAVE)

1/4 C sugar  
 1 t cornstarch  
 1/2 t celery seed  
 1/4 t salt  
 1/8 t dry mustard  
 3/4 C water  
 3 t cider vinegar  
 2 T salad dressing  
 2 T plain yogurt  
 6 C shredded cabbage  
 2 apples, cored and chopped

Combine sugar, cornstarch, celery seed, salt and dry mustard in 2-C microwave safe C or bowl.

Recipe provided by June Collins.

Nutrient analysis per serving: Calories, 156; fat, 4 g; cholesterol, 3 mg; fiber, 4 g; sodium,

#### APPLE PASTA SALAD

1 container (8 ounce) plain nonfat yogurt  
 1 can (8 ounce) unsweetened crushed pineapple, undrained  
 1/2 t salt, optional  
 1/4 t garlic powder  
 1/4 t dry mustard  
 1 t finely chopped crystallized ginger  
 1 T honey  
 2 C uncooked rotini pasta  
 1/2 C shredded carrot  
 1 C sliced celery  
 1/4 C sliced green onions  
 1/4 C raisins  
 3 C diced, unpeeled apples (suggested: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red)

Thoroughly combined yogurt, pineapple, salt, spices, ginger and honey; refrigerate. Cook pasta

Recipe provided by the Michigan Apple Committee.

Nutritional analysis per serving: Calories, 215; Fat, 1 g; Cholesterol, 1 mg; Fiber, 3 g; Sodium, 175 mg; Percent calories from fat, 4%.

#### APPLE RASPBERRY SALAD

1 package (3 ounce) package raspberry flavored gelatin  
 1 C boiling water  
 1 package (10 ounce) frozen raspberries or 1 C fresh raspberries  
 1 1/2 C chopped, unpeeled apples (suggested: Empire, Ida Red, Jonathan, McIntosh, Red Delicious)  
 1 C unsweetened applesauce

1/4 C broken pecan pieces  
1/2 C sliced celery

In 2 quart mixing bowl, dissolve gelatin in boiling water. Add frozen raspberries and stir gently.

Recipe provided by the Michigan Apple Committee.

Nutritional analysis per serving: Calories, 99; Fat, 3 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 13 mg; Percent calories from fat, 29%.

#### APPLE SALAD WITH LEMON-POPPY SEED DRESSING

1/4 C fat free mayonnaise  
2 T thawed, frozen lemonade concentrated, undiluted  
1/2 t sugar  
1 t poppy seeds  
2 medium apples, sliced (suggested: Empire, Gala, Ida Red, Jonagold, Jonathan, McIntosh, Red Delicious)  
1/2 C blueberries  
1 C cantaloupe balls or chunks  
leaf, Boston or bib lettuce

Combine mayonnaise, lemonade concentrate, sugar and poppy seeds; refrigerate. Arrange apples and blueberries on lettuce.

Recipe provided by the Michigan Apple Committee.

Nutritional analysis per serving: Calories, 99; Fat, 1 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 196 mg; Percent calories from fat, 7%.

#### APPLE-GRAPE SALAD

1 envelope unflavored gelatin (1 T)  
1/4 C water  
1 1/2 C apple juice  
1 C apple, unpared, diced  
1/2 C red grapes, halved seeded  
1/4 C chopped celery

Soften gelatin in water for 5 minutes. Heat gelatin over low heat, stirring constantly, until dissolved.

Nutritional analysis per serving: Calories, 80; Cholesterol, 0; Sodium, 10 mg.; Fat, Trace.

#### BRAEBURN APPLE BROWN RICE SALAD

3 Braeburn apples  
2 T lemon juice  
3 1/2 C cooked quick brown rice  
3 skinless, boneless chicken breast halves, cooked and cut into chunks  
1 medium red bell pepper, seeded, trimmed and chopped  
1/4 C sliced green onions

Dijon vinaigrette:

3 T olive oil  
1/4 C chopped parsley  
3 T rice vinegar  
2 t Dijon-style mustard  
2 cloves garlic  
1 t sugar  
1/2 t salt  
black pepper to taste

Whisk together vinaigrette ingredients until well combined. Core apples and cut into 1 inch chunks.

Recipe provided by the New Zealand Apple and Pear Marketing Board.

Nutrient analysis per serving: Calories, 311; fat, 10 g; cholesterol, 33 mg; fiber, 4 g; sodium, 13 mg.

## BROWN BAG APPLE SALAD

1/2 C orange or grapefruit juice  
 1 T honey  
 1 t lemon or lime juice  
 1 apple (Golden Delicious, Granny Smith, Newton Pippin, Red Delicious or Winesap)  
 1 C seedless grapes  
 1 C orange or grapefruit sections  
 1/4 C chopped walnuts

In medium-size bowl, stir together orange juice, honey and lemon juice. Add apples, grapes, or

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 152; Fat, 5 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 2 mg; Percent calories from Fat, 30%.

## CARROT-APPLE SALAD

1 C shredded carrot  
 3 medium Empire or McIntosh apples, unpared and diced  
 1 T lemon juice  
 1/2 C raisins  
 1/3 C cholesterol free, reduced calorie mayonnaise  
 salad greens

Combine all ingredients except salad greens. Chill thoroughly. Serve on salad greens. Makes

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 126; Fat, 4 g; Cholesterol, 3 mg; Fiber, 2 g; Sodium, 89 mg; Percent calories from fat, 30%.

## FALL FESTIVAL FRUIT SALAD

1 head Iceberg lettuce  
 1 red apple, cored and thinly sliced  
 1/4 lb. grapes  
 1 cantaloupe, or other melon, seeded, pared, and cut into chunks  
 Pomegranate seeds (optional)  
 Citrus Dressing

Core, rinse, and thoroughly drain lettuce. Using a stainless steel knife, cut into bite-size c

Citrus Dressing

1/2 C plain yogurt  
 1/4 C unsweetened orange juice concentrate, thawed

Combine ingredients, whir smooth. Makes about 1 C. This is an official 5 A Day recipe.

Nutritional analysis per serving: Calories, 186; Fat, 2 g.; Cholesterol, 2 mg.; Fiber, 4 g.; S

## FOUR FRUIT SALAD

1 C seedless grapes  
 1 C orange segments  
 1 large apple, cut-up  
 1 large pear, cut-up

Toss all ingredients together.

Serving suggestions:

1. Serve on lettuce lined plate with scoop of low fat cottage cheese and lite dressing.
2. Serve in glass dish with scoop of sherbet on top.
3. Serve in bowl topped with yogurt.

Makes about 6 servings. This is an official 5 A Day recipe.

Recipe provided by the California Table Grape Commission.

Nutrient analysis per serving: Calories, 78; fat, 0 g; cholesterol, 0 mg; fiber, 3 g; sodium, 1

#### FRESH FRUIT COCKTAIL

- 2 C apple juice
- 1 T lemon juice
- 1/2 t grated orange or lemon peel
- 2 (3-inch) cinnamon sticks
- 2 Red Delicious apples, cored and chopped
- 1 1/2 C chopped fresh pineapple
- 1 orange, peeled and sectioned
- 1/2 C seedless grapes

In medium-size saucepan, combine apple juice, lemon juice, orange or lemon peel, and cinnamon s

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 180; Fat, 1 g; Cholesterol, 0 mg; Fiber, 4 g; Sodium, 6 mg; Percent calories from Fat, 5%.

#### FRESH FRUIT COMPOTE

- 1 pound apples, cored and cut into 1/2 inch pieces (about 3 medium)
- 1 pound pears, cored and cut into 1/2 inch pieces (about 2 medium)
- 1 C dark raisins
- 1/2 C orange juice
- 2 T packed brown sugar
- 1 T lemon juice
- 2 slices fresh ginger, about 1/2 inch thick
- 1/4 t ground allspice
- 1/2 C chopped walnuts, toasted

In a 2-quart microwavable casserole, combine the apples, pears, raisins, orange juice, sugar, 1

Nutritional analysis per serving: Calories, 376; Fat, 10 g; Cholesterol, 0.0 mg; Fiber, 7 g; Sodium, 16 mg. Percent calories from Fat, 25%.

#### FRUITED CARROT SALAD

- 1 can (16 oz.) mixed fruit in juice or extra light syrup
- 1 T cornstarch
- Dash each cinnamon and mace
- 1/4 C nonfat plain yogurt
- 2 C carrot, grated
- 2 C red apple, chopped
- 1 C celery, sliced
- 1/4 C raisins
- Iceberg lettuce

Drain mixed fruit, reserving all liquid. In small saucepan, whisk together reserved liquid wit

Nutritional analysis per serving: Calories, 162; Fat, 0.5 g.; Cholesterol, 0.3 mg; Fiber, 6 g.

#### FUJI APPLE, CHICKEN AND BLEU CHEESE SALAD

- 3 Fuji apples, cored and cubed
- 3 boneless skinless chicken breast halves, cooked and cubed

1 C seedless red grapes, cut in halves if large  
5 C mixed salad greens

Bleu Cheese Dressing:

1/4 C fat free mayonnaise  
1/4 C crumbled bleu cheese  
1 1/2 t lemon juice

Toss together apples, chicken, and grapes with bleu cheese dressing. Divide greens between four

Recipe provided by the New Zealand Apple and Pear Marketing Board.

Nutrient analysis per serving: Calories, 249; fat, 6 g; cholesterol, 56 mg; fiber, 3 g; sodium

GLORIOUS FRESH FRUIT SALAD

2 thinly sliced, unpeeled apples (Empire, Cortland, Ida Red)  
1 C seedless green or red grapes  
1 sliced banana  
1 can (16 ounce) pineapple chunks, drained  
1 C cantaloupe, cut up  
1 kiwifruit, peeled and sliced

Honey-Cream Dressing:

1/4 C low fat sour cream or sour cream substitute  
1 C low fat small-curd cottage cheese, creamed  
1 C low fat vanilla yogurt  
2 T honey  
2 t lime juice

To make dressing, combine sour cream, cottage cheese and yogurt. Mix well. Blend in honey and

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 230; Fat, 2 g; Cholesterol, 7 mg; Fiber, 3 g; Sodium, 192 mg; Percent calories from fat, 8%.

GOLD COAST AUTUMN SALAD

lettuce leaves  
2 oranges, peeled and thinly sliced  
2/3 C dried figs (Calimyrna or Black Mission), stems removed and quartered  
1 apple or ripe pear, cored and thinly sliced

Cardamon Cream Dressing:

1/2 C vanilla nonfat yogurt  
1/2 t honey  
1/4 t ground cardamon or cinnamon  
1 T toasted coconut (garnish)

On four individual salad plates, arrange a bed of lettuce leaves. Place orange slices, fig qua

Recipe provided by the California Fig Advisory Board.

Nutrient Analysis Per Serving: Calories, 167; Fat, 1 g, Cholesterol, 1 mg; Fiber, 5 g; Sodium, 21 mg; Percent calories from Fat, 6%.

GOLDEN FRUIT SALAD

1 Golden Delicious apple, cored and sliced  
1 Red Delicious apple, cored and sliced  
1 banana, peeled and sliced  
1/2 C red grapes, halved and seeded, if necessary

Orange Yogurt Dressing  
Lettuce

Combine all fruits; mix well. Serve on lettuce lined salad plates with Orange Yogurt Dressing.

Orange Yogurt Dressing: Combine 6 1/2 C plain low fat yogurt, 2-3 tablespoons orange juice and

Nutritional analysis per serving: Calories, 138; Fiber, 4 g.; Cholesterol, 2 mg.; Sodium, 28 m

HARVEST FRUIT COMPOTE

This not-just-for-breakfast compote combines dried and fresh fruits. Vary the fruits with the

1 package (8 ounces) dried mixed fruit  
1 C unsweetened apple juice  
1 t almond extract  
1 t ground cinnamon  
2 medium apples, cored and cut into 1/2-inch pieces  
1/4 C water  
2 T flaked coconut, toasted (see Note)

Sort out the prunes from the dried fruit and remove the pits; cut the larger fruits in half.

In a 2-quart microwavable casserole, combine the dried fruit, including the prunes, apple juice

Stir in the apples and water. Re-cover and microwave on high for 5 minutes. Let stand, cover

Divide the fruit mixture evenly into four small dishes. Garnish with toasted coconut. Makes 4

Note: To toast coconut, place 2 T flaked coconut in a 1-cup glass measure. Microwave on high

From The Pyramid Cookbook by Pat Baird, copyright 1993 by Pat Baird, reprinted by permission c

Nutritional analysis per serving: Calories, 227; Fat, 2 g; Cholesterol, 0.0 mg; Fiber, 7 g;  
Sodium, 13 mg. Percent calories from Fat, 9%.

LUNCH-BOX APPLE BEAN SALAD

1 can (16-ounce) dark red kidney beans, rinsed and drained  
2 large Red or Golden Delicious apples, cored and chopped  
1/4 C finely chopped green onion  
1/4 C finely chopped celery  
1/4 C finely chopped mild green chilies  
1 1/2 T white wine vinegar  
1 1/2 T vegetable oil  
1/8 t salt  
dash hot red pepper sauce (optional)

In medium-size bowl, combine beans, apples, green onion, celery, and chilies; mix well. In sma

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 206; Fat, 6 g; Cholesterol, 0 mg; Fiber, 9 g;  
Sodium, 78 mg; Percent calories from Fat, 26%.

ORANGE NUTTY SALAD

2 oranges, peeled, cut in bite-size pieces  
1 red apple, unpeeled, cut in bite-size pieces  
1/2 C sliced celery  
1/4 C raisins  
2 T brown sugar  
juice of 1/2 lemon

1/4 C coarsely chopped walnuts

In bowl, combine all ingredients except nuts; chill. To serve, stir in nuts. Makes 4 servings

Recipe provided by Sunkist Growers, Inc.

Nutrient analysis per serving: Calories, 160; fat, 4 g; cholesterol, 0 mg; fiber, 3 g; sodium,

#### ORANGE WALDORF SALAD

grated peel of 1/2 orange  
 4 oranges, peeled, cut into bite-size pieces  
 1 medium red apple, unpeeled, cut into bite-size pieces  
 3/4 C sliced celery  
 1 C miniature marshmallows  
 3 T light sour cream  
 3 T low calorie (fat and cholesterol free) mayonnaise  
 2 T sliced natural almonds  
 1/8 t ground cinnamon

In large bowl, combine all ingredients; chill. Serve on salad greens, if desired. Makes 6 ser

Recipe provided by Sunkist Growers, Inc.

Nutritional analysis per serving: Calories, 111; Fat, 2 g; Cholesterol, 3 mg; Fiber, 3 g; Sodium, 119 mg. Percent calories from Fat, 14%.

#### SHERRY AMBROSIA

2/3 C orange sections  
 1 C fresh grapefruit sections  
 2 medium red apples  
 2 T dry sherry  
 1 t fresh lemon juice  
 2 t sugar or sugar substitute to equal 2 t. sugar  
 1/3 C sliced banana  
 2 T shredded coconut  
 3 maraschino cherries, drained

Cut orange sections into halves, grapefruit sections into quarters, and cored (but not pared) a

Recipe provided by Sunkist Growers, Inc.

Nutrient analysis per serving: Calories, 82; fat, 1 g; cholesterol, 0 mg; fiber, 2 g; sodium,

#### SUMMER APPLE COMPOTE

2 (about 3/4 pound) red delicious apples  
 2 C watermelon cubes  
 1 C seedless grapes  
 1 orange, peeled and sliced  
 1 banana, peeled and sliced  
 2 C chilled ginger ale  
 2 T lime juice

Core apples and cut into bite-size pieces. Toss with watermelon, grapes, orange and banana. C

Recipe provided by the Washington Apple Commission.

Nutritional analysis per serving: Calories, 110; Fat, 1 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 12 mg; Percent calories from fat, 5%.

#### SWEET POTATO AND APPLE SALAD

2 pounds sweet potatoes  
 1/4 C white wine vinegar  
 2 T water  
 2 T oil  
 2 t lemon juice  
 1/2 t sugar  
 1/2 t salt  
 1/2 t pepper  
 2 cloves garlic, minced  
 3 unpeeled red cooking apples, each cored and cut into 16 wedges (about 1 pound)  
 6 C tightly packed fresh spinach leaves

Cook sweet potatoes in boiling water 25 minutes or until tender; let cool and peel. Cut into 4

Recipe provided by the American Cancer Society.

Nutrient analysis per serving: Calories, 164; fat, 4 g; cholesterol, 0 mg; fiber, 4 g; sodium,

#### TURKEY WALDORF SALAD

2 C sliced celery  
 2 C cooked small shell pasta  
 2 C diced cooked turkey breast (12 ounces)  
 2 C diced unpeeled sweet apples  
 1/4 C sliced scallions (green onions)  
 1/3 C chopped walnuts, toasted\*

#### Yogurt Dressing

1/2 C plain nonfat yogurt  
 3 T reduced calorie mayonnaise  
 3 T cider vinegar  
 1 T sugar  
 1/8 t ground black pepper

Combine ingredients for yogurt dressing. In a large bowl combine celery with pasta, turkey, ap

\* To toast walnuts: Place in a small dry skillet over low heat until golden, about 5 minutes,

Recipe provided by the American Celery Council.

Nutrient analysis per serving: Calories, 411; fat, 14 g; cholesterol, 69 mg; fiber, 3 g; sodiu

#### SLAWS

##### CURRIED APPLE CABBAGE SLAW

1/4 C reduced calorie mayonnaise  
 1/4 C plain low fat yogurt  
 1 T lemon juice  
 1 T honey  
 1/2 t curry powder  
 1/2 t celery seed  
 1/8 t salt  
 1/8 t pepper  
 4 C shredded cabbage (1/2 head)  
 3 C apples, chopped

Mix together all dressing ingredients and toss with cabbage and apples. Makes 8 (1 cup) servin

Nutrient analysis per serving: Calories, 53; fat, .4 g; cholesterol, .5 mg; fiber, 2 g; sodium

##### APPLE CABBAGE SLAW

1/3 C plain lowfat yogurt  
 2 T pineapple or apple juice  
 1/4 t prepared mustard  
 1/8 t celery seeds  
 3 C shredded cabbage  
 2 C diced Red Delicious or Winesap apples  
 1 C diagonally sliced celery  
 1/2 C thinly sliced onion

In large bowl, whisk together yogurt, juice, mustard and celery seeds. Add cabbage, apples, ce

Recipe provided by the Washington Apple Commission.

Nutritional analysis per serving: Calories, 73; Fat, 1 g; Cholesterol, 1 mg; Fiber, 3 g; Sodi

#### APPLE CABBAGE SLAW WITH PINEAPPLE-YOGURT DRESSING

3 C cabbage, shredded  
 2 C Red Delicious or Winesap apples, diced  
 1 C celery, sliced diagonally  
 1/2 C onion rings, thinly sliced (optional)  
 Pineapple Yogurt Dressing (recipe follows)

Pineapple-Yogurt Dressing:

1/3 C plain lowfat yogurt  
 2 T pineapple juice  
 1/4 t prepared mustard  
 1/8 t celery seeds

Combine cabbage, apples, celery, and onions. Gently toss with Pineapple Yogurt Dressing. Make

Nutritional analysis per serving: Calories, 49; Fat, 0.5 g; Cholesterol, 1 mg; Fiber, 2 g; Sodi

#### CONFETTI APPLESRAW

2 T orange or apple juice concentrate, defrosted  
 1 unpeeled red apple, cored and diced  
 4 C shredded cabbage  
 2 small red onions, finely shredded  
 1 red or green sweet pepper, thinly sliced  
 3 T raisins  
 1 T calorie-reduced mayonnaise  
 1/2 C plain low-fat yogurt  
 1/2 t dry mustard  
 paprika to taste  
 freshly ground pepper to taste

In a large bowl, stir together juice concentrate and diced apple. Add cabbage, onion, pepper a

In a small bowl, stir together mayonnaise, yogurt, mustard, paprika and pepper. Add to vegetak

Nutritional analysis per serving: Calories, 82; Fiber, 1 Gram; Cholesterol, 1 mg.; Sodium, 17

#### CRISPY APPLE COLESLAW

2 C cabbage, shredded  
 2 medium apples, cored and cut up (Empire, Cortland, Ida Red, Crispin)  
 1 can crushed pineapple (drained)  
 1/2 C fat free mayonnaise

Mix the cabbage, apples and crushed pineapple with the mayonnaise in a large bowl. Refrigerate

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 73; Fat, 0 mg; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 258 mg; Percent calories from fat, 3%.

#### SUPER COLESLAW FOR TWO

1/2 C cabbage, shredded  
 1/4 C carrot, shredded  
 1 small apple, unpeeled, chopped  
 1/4 C raisins  
 1 T nonfat yogurt  
 1 T low fat mayonnaise  
 dash tarragon vinegar

Combine all ingredients. Chill. Makes 2 servings. This is an official 5 A Day recipe.

Recipe provided by the Polyps Prevention Trial.

Nutritional analysis per serving: Calories, 125; Fat, 3 g; Cholesterol, 2 mg; Fiber, 2 g; Sodium, 63 mg; Percent calories from fat, 18%.

#### SIDE DISHES

##### ACORN SQUASH AND APPLE PUREE

1 acorn squash, halved and the seeds and strings discarded  
 1 Golden Delicious apple, cut into 1-inch pieces  
 1/2 T butter  
 freshly grated nutmeg to taste if desired

Arrange the squash, cut sides down, in a glass dish, prick the skin all over with the tip of a

Nutritional analysis per serving: Calories, 238; Fiber, 15 g.; Cholesterol, 8 mg.; Sodium, 33

##### APPLE AND BROWN RICE PILAF

1/2 onion, minced  
 1 T vegetable oil  
 1 1/2 C quick cooking brown rice  
 1 1/4 C low sodium chicken broth  
 1/2 t dried thyme, crushed  
 salt and pepper to taste  
 2 C Golden Delicious apples, cored and diced  
 2 T parsley, chopped

Saute onion in oil in non-stick skillet until tender; stir in rice and brown slightly. Stir in

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 337; Fat, 6 g; Cholesterol, 0 mg; Fiber, 6 g; Sodium, 31 mg; Percent calories from Fat, 16%.

##### APPLE AND CARROT CASSEROLE

6 large carrots  
 5 large Ida Red or Rome apples  
 5 T sugar  
 5 T flour  
 1/2 t nutmeg  
 1 T margarine  
 1/2 C orange juice

Slice carrots thinly and cook in salted water for 5 minutes; drain. Slice apples and cook in c

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 242; Fat, 3 g; Cholesterol, 0 mg; Fiber, 7 g; Sodium, 61 mg; Percent calories from fat, 11%.

#### APPLE BARLEY PILAF

2 T margarine  
 1/4 C finely chopped onion  
 1/2 C uncooked barley  
 1 C low sodium chicken broth  
 1/4 C golden raisins  
 1/4 t dried thyme  
 2 large Golden Delicious apples, cored and finely chopped  
 2 T chopped fresh parsley

In large skillet with tight-fitting lid, melt margarine over medium heat. Add onion and barley

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 241; Fat, 7 g; Cholesterol, 0 mg; Fiber, 6 g; Sodium, 87 mg; Percent calories from Fat, 25%.

#### APPLE CURRY RICE

1/2 C water  
 1/2 C raisins  
 2 T vegetable oil  
 1/2 C chopped onion  
 2 t curry powder  
 1/2 t freshly ground black pepper  
 1 Golden Delicious apple, peeled, cored, and chopped  
 3 C cooked brown rice (cooked in 3/4 C apple juice and 1 3/4 C water, if desired)  
 Salt to taste

Pour the water into a 2-cup glass measure and microwave on high for 1 minute. Add the raisins

Add the apple tossing well to coat; stir in the rice. Re-cover and cook on high for 3 to 5 min

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Nutritional analysis per serving: Calories, 341; Fat, 9 g; Cholesterol, 0.0 mg; Fiber, 5 g; Sodium, 16 mg. Percent calories from Fat, 23%.

#### APPLE GLAZED SWEET POTATOES

1/2 C apple juice  
 1/4 t cinnamon  
 1/2 t salt  
 6 small sweet potatoes, cooked

Pour apple juice in a frying pan over low heat and stir in cinnamon and salt. Add sweet potato

Recipe provided by the American Cancer Society.

Nutrient analysis per serving: Calories, 72; fat, 0 g; cholesterol, 0 mg; fiber, 2 g; sodium,

#### CELERY AND APPLE STEAM-FRY WITH HONEY-MUSTARD SAUCE

1 C water  
 4 C diagonally sliced celery cut 1/2 inch thick  
 2 C diced sweet red apples (about 2 medium apples)

2 T Dijon-style mustard  
 1 T honey  
 1 t cornstarch  
 Pinch ground black pepper  
 1/4 C chopped toasted walnuts (optional)

In a large skillet bring water to a boil. Add celery and apples; cook and stir until crisp-ter

Recipe provided by the American Celery Council.

Nutrient analysis per serving: Calories, 108; fat, 3 g; cholesterol, 0 mg; fiber, 3 g; sodium,

#### CURRIED CELERY WITH PEARS AND ONIONS

1 T vegetable oil  
 3 C celery cut in 1/2 inch pieces  
 1 C sweet red bell pepper cut in 1/2 inch squares  
 3/4 C onion cut in 1/2 inch pieces  
 1 1/2 to 2 t curry powder  
 1 1/2 C peeled and cored ripe pears cut in 1 1/2 inch pieces  
 3/4 C apple juice  
 1/2 t salt  
 2 C steam brown rice (3/4 C uncooked)

In a large skillet heat oil until hot. Add celery, red pepper and onion; cook and stir until k

Recipe provided by the American Celery Council.

Nutrient analysis per serving: Calories, 228; fat, 5 g; cholesterol, 0 mg; fiber, 6 g; sodium,

#### GERMAN-STYLE COOKED APPLE AND CABBAGE

8 C shredded red or green cabbage  
 5 C peeled and sliced Granny Smith apples  
 4 C boiling, salted water  
 4 slices bacon, diced  
 1 C sliced onion  
 2 T cider vinegar  
 2 T sugar  
 1/2 t dried fennel seed, crushed (optional)  
 1/4 t ground black pepper

In large saucepan combine cabbage, apples and water; simmer 5 minutes or until cabbage is barel

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 123; Fat, 3 g; Cholesterol, 4 mg; Fiber, 4 g;  
 Sodium, 86 mg; Percent calories from Fat, 19%.

#### GLAZED APPLES AND RAISINS

2 t sweet butter  
 1 t canola oil  
 3/4 t ground cinnamon  
 1/2 t ground ginger  
 1/4 t ground cloves  
 3 large apples, cored and cut into 1/2-inch slices (about 1 1/2 lbs.)  
 3/4 C orange juice  
 1/4 C golden raisins

In a large nonstick skillet heat the butter and oil over medium heat; stir in the cinnamon, gir

Microwave Preparation:

In a shallow 3-quart microwavable casserole combine the butter, oil, cinnamon, ginger, and clove.  
 From The Pyramid Cookbook by Pat Baird, copyright 1993 by Pat Baird, reprinted by permission of Pat Baird.  
 Nutritional analysis per serving: Calories, 170; Fat, 4 g; Cholesterol, 37 g; Sodium, 2 mg; Protein, 2 g

#### GOLDEN APPLES AND YAMS

2 large yams or sweet potatoes  
 2 Golden Delicious apples, cored and sliced crosswise into rings  
 1/4 C firmly packed brown sugar  
 1 t cornstarch  
 1/8 t ground cloves  
 1/2 C orange juice  
 2 T chopped pecans or walnuts

Heat oven to 400. Bake yams 50 minutes or until soft but still retains shape. (This can also be microwaved.)

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 165; Fat, 2 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 9 mg; Percent calories from Fat, 11%.

#### ROAST CELERY WITH APPLES

1 large garlic clove, crushed  
 2 T olive oil  
 1 medium stalk celery (about 1-1/2 lbs.)  
 2 large Golden Delicious apples, peeled, cored and quartered  
 1 C apple juice  
 1/4 t ground cinnamon  
 1/4 t salt  
 1/8 t ground black pepper  
 4 slices toasted Italian bread

Preheat oven to 375F. Place garlic and oil in a 13 x 9 x 2-inch baking pan; bake until oil is hot.

Recipe provided by the American Celery Council.

Nutritional analysis per serving: Calories, 178; Cholesterol, 0 mg; Fat, 6 g; Fiber, 3 g; Sodium, 1 mg

#### SPICY APPLE-FILLED SQUASH

1 acorn squash (about 1 pound)  
 1 Golden Delicious apple, peeled, cored and sliced  
 2 t melted margarine  
 2 t packed brown sugar  
 1/8 t ground cinnamon  
 1/8 t ground nutmeg  
 dash of ground cloves

Heat oven to 350. Grease a small baking dish. Halve squash and remove seeds; bake 35 minutes.

Microwave Version: Halve and seed squash. Arrange, cut side up on thick paper towel on microwave.

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 88; Fat, 3 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 24 mg; Percent calories from Fat, 27%.

#### SQUASH AND APPLE BAKE

2 Sweet Dumpling or Golden Nugget squash (about 1 1/4 pounds each)

1 T vegetable oil  
 1 T lemon juice  
 1 large Granny Smith apple, cored and diced  
 1 medium leek, white part only, thinly sliced  
 1/2 t salt  
 1/4 t ground cinnamon  
 1/4 t ground nutmeg  
 1/8 t ground allspice  
 1/8 t ground white pepper

Pierce the squash in 3 or 4 places with the tip of a sharp knife. Place the squash on a double  
 Meanwhile, in a 2-quart oval casserole or 9-inch glass pie plate, combine the oil, lemon juice,  
 Cut the squash in half and scoop out the seeds. Scoop the pulp from the squash into the casser  
 Cover loosely with a lid or vented plastic wrap. Microwave on high for 4 to 6 minutes, or unti  
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Nutritional analysis per serving: Calories, 155; Fat, 5 g; Cholesterol, 0.0 mg; Fiber, 8 g;  
 Sodium, 273 mg. Percent calories from Fat, 29%.

#### STUFFED SQUASH

6 small acorn squash  
 2 C cooked rice  
 1 tart apple, cored and diced  
 1/2 C green onions, finely chopped  
 1/2 C celery, chopped  
 1/2 C dates, chopped  
 1/4 C rice bran  
 1/4 C walnuts, chopped  
 2 T lemon juice  
 2 T margarine, melted  
 1/2 t ground cinnamon  
 1/4 t ground nutmeg  
 4 gingersnap cookies, crushed (optional)

#### Microwave Instructions

Pierce squash with meat fork in two places. Cook on HIGH 12 to 14 minutes, or until just tende  
 Nutritional analysis per serving: Calories, 321; Fat, 10 g; Cholesterol, 0 mg; Fiber, 9 g;  
 sodium, 62 mg. Percent calories from Fat, 27%.

#### SWEET AND SOUR RED CABBAGE

1 small head red cabbage (1 pound) shredded  
 1 medium apple, unpeeled, cored, shredded  
 1 small potato, peeled, shredded  
 1 small onion, chopped  
 grated peel of 1/2 lemon  
 juice of 1 lemon  
 3 T brown sugar  
 1 T red wine vinegar

In a large covered non-stick skillet, cook cabbage, apple, potato and onion in 1 cup water over  
 Recipe provided by Sunkist Growers, Inc.

Nutritional analysis per serving: Calories, 86; Fat, 0.5 g; Cholesterol, 0.0 mg; Fiber, 4 g;  
 Sodium, 28 mg. Percent calories from Fat, 4%.

## SWEET POTATOES AND APPLES

1 1/2 pounds sweet potatoes  
 3 tart apples, unpeeled, cored and sliced  
 3/4 C orange juice  
 3/4 t grated fresh ginger  
 1/2 t cinnamon  
 1/4 t allspice  
 1/4 t nutmeg

In a medium saucepan, cook unpeeled potatoes in boiling water 25 minutes.

In a medium skillet, over high heat, heat apples and orange juice with ginger, cinnamon, allspice.

Peel and slice cooked sweet potatoes and add to apple mixture. Mix gently and heat thoroughly.

Nutritional analysis per serving: Calories, 182; Fiber, 5.35 g.; Cholesterol, 0 mg.; Sodium, 1

## SWEET POTATOES AND APPLES WITH BROWN SUGAR

1 1/2 pounds sweet potatoes  
 3 Cortland, Crispin or Ida Red apples, cored and sliced  
 3/4 C orange juice  
 3/4 t grated fresh ginger  
 1/2 t cinnamon  
 1/4 t allspice  
 1/4 t nutmeg  
 2 T brown sugar  
 1/2 C nuts, chopped

In a medium saucepan, cook unpeeled potatoes in boiling water for 25 minutes. Drain and cool.

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 254; Fat, 7 g; Cholesterol, 0 mg; Fiber, 5 g; Sodium, 14 mg; Percent calories from fat, 23%.

## SOUPS

## APPLE FENNEL SOUP

2 C low sodium chicken broth  
 2 C water  
 1/2 C white wine  
 2 Golden Delicious apples, peeled, cored and chopped  
 1 C thinly sliced carrots  
 1 small onion, thinly sliced  
 1/2 C chopped fresh fennel  
 1 bay leaf  
 1/4 t dried thyme leaves  
 6 peppercorns  
 low-fat plain yogurt (optional)

In large pot, combine broth, water, wine, apples, carrots, onion, fennel, bay leaf, thyme and peppercorns.

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 109; Fat, 1 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 42 mg; Percent calories from Fat, 7%.

## SILKY SWEET POTATO AND APPLE BISQUE

1 T canola oil  
 2 C chopped onion

2 lbs. sweet potatoes, peeled and cut into 1-inch cubes  
 2 Granny Smith apples, cored, peeled, cut into 1-inch cubes (about 12 ozs.)  
 3 C chicken or vegetable broth  
 3/4 apple juice  
 1 t EACH dried thyme and dried basil, crushed  
 1/4 t freshly ground black pepper

In a large saucepan heat the oil over medium-high heat. Add the onion and cook for about 3 min.

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Nutritional analysis per serving: Calories, 214; Fat, 4 g; Cholesterol, 0 mg; Sodium, 44 mg; F

#### APPLESAUCES

##### APPLESAUCE

2 pounds apples  
 1/2 C sugar, or to taste (sugar is optional)  
 water

Wash and quarter apples. Discard stems and blossom end.

Microwave: Combine apples and water in a three quart bowl. Cover, cook 8 to 10 minutes, stirri

Range: combine apples and water in a heavy saucepan. Cover, bring to a boil and simmer over lc

Force fruit through a sieve or food mill. Add sugar to taste while hot. Makes 6 servings. Th

Recipe provided by the New Jersey Department of Agriculture from "The Apple Kitchen Cookbook."

Nutrient analysis per serving: Calories, 151; fat, .5 g; cholesterol, 0 mg; fiber, 3 g; sodium

##### CUSTOM-MADE APPLESAUCE

8 apples peeled, cored and cut in chunks (Golden Delicious, Granny Smith, Newton Pippin, Rome E  
 1/3 C water  
 1/4 C sugar

##### Flavorings:

1 t grated lemon peel  
 1 t vanilla extract  
 1/4 t ground cinnamon  
 1/4 t nutmeg

In 2-quart microwave-safe dish, combine apples and water. Cover with lid or vented plastic wra

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 136; Fat, 1 g; Cholesterol, 0 mg; Fiber, 4 g;  
 Sodium, 0 mg; Percent calories from Fat, 4%.

##### MICROWAVE APPLESAUCE

6 apples, peeled and sliced  
 1/4 C water  
 1/3 C sugar  
 1/4 T cinnamon

Place all ingredients in a 2-quart microwave safe baking dish. Cover and cook on high power 6

Recipe provided by the Georgia Apple Commission

Nutritional analysis per serving: Calories, 129; Cholesterol, 0 mg; Fat, .5 g; Fiber, 3.5 g; S

## ENTREES

## APPLE CHICKEN STIR-FRY

1/2 C onion, vertically sliced  
 1 C (2 medium) carrots, thinly sliced  
 1 1/2 t vegetable oil  
 1 t dried basil, crushed  
 1 C fresh or frozen Chinese pea pods  
 1 T water  
 1 medium Golden Delicious or Criterion apple, cored and thinly sliced  
 1 pound cubed boneless, skinless, chicken breast  
 1 T oil  
 2 C cooked rice

Stir fry cubed chicken breast in 1 T vegetable oil in non-stick skillet until lightly browned a

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 365; Fat, 9 g; Cholesterol, 62 mg; Fiber, 3 g; Sodium, 71 mg; Percent calories from Fat, 22%.

## APPLE HALIBUT KABOBS

1/2 C dry white wine (chicken broth can be substituted)  
 4 t olive oil  
 2 T lime juice  
 2 T finely chopped onion  
 1/2 t salt  
 1/2 t dried thyme, crushed  
 1/8 t pepper  
 1 C Golden Delicious or Rome Beauty apple, cored and cut in 1 inch cubes  
 1 medium green or sweet red pepper, cut in 1 inch squares and separated  
 1 small onion, cut in 1 inch squares and separated  
 1 pound halibut, cut in 1 to 1 1/2 inch cubes

Combine wine, oil, lime juice, chopped onion, salt, thyme and pepper; mix well. Marinate remaini

Recipes provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 198; Fat, 6 g; Cholesterol, 60 mg; Fiber, 2 g; Sodium, 365 mg; Percent calories from Fat, 28%.

## APPLE TURKEY GYRO

1 C vertically sliced onion  
 1 C thinly sliced sweet red pepper  
 1 C thinly sliced green bell pepper  
 1 T vegetable oil  
 2 T lemon juice  
 1/2 pound turkey breast, cut in thin strips  
 1 medium Golden Delicious or Winesap apple, cored and thinly sliced  
 8 pita bread, lightly toasted  
 1/2 C plain yogurt

Saute onion and peppers in oil in non-stick skillet until crisp tender; stir in turkey and cook

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 253; Fat, 5 g; Cholesterol, 30 mg; Fiber, 3 g; Sodium, 258 mg; Percent calories from Fat, 17%.

## APPLE TURKEY SAUTE

1/2 C unsifted all-purpose flour  
 1/2 t salt  
 1/4 t ground black pepper  
 1 pound turkey breast, cut into 1/4 inch thick slices  
 1 T margarine  
 2 T olive oil  
 3 Golden Delicious apples, peeled, cored and sliced  
 1/2 C sliced mushrooms  
 1/2 C sliced onion  
 2 T capers  
 1 C apple juice  
 2 T chopped fresh parsley leaves

In small bowl, combine flour, salt and pepper; dredge turkey slices in flour mixture to lightly

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 272; Fat, 9 g; Cholesterol, 45 mg; Fiber, 3 g;  
 Sodium, 244 mg; Percent calories from Fat, 30%.

#### CHICKEN ORIENTALE

4 whole chicken breasts  
 8 fresh mushrooms  
 8 parboiled whole white onions  
 2 oranges, quartered  
 8 canned pineapple chunks  
 8 cherry tomatoes  
 1 6-oz. can frozen, concentrated apple juice, thawed  
 1 C dry white wine  
 2 T soy sauce, low-sodium  
 dash of ground ginger  
 pepper to taste  
 2 T vinegar  
 1/4 C corn oil

Remove bones, skin from chicken. Cut each half chicken breast into 4 pieces. Sprinkle with pe

Recipe provided by the National Heart, Lung and Blood Institute.

Nutrient analysis per serving: Calories, 314; fat, 11g; cholesterol, 66 mg; fiber, 3 g; sodium

#### CRUNCHY APPLE SALSA WITH GRILLED CHICKEN

##### Salsa

2 C Gala apples, halved, cored and chopped  
 3/4 C (1 large) Anaheim chile pepper, seeded and chopped  
 1/2 C chopped onion  
 1/4 C lime juice  
 salt and pepper to taste

##### Marinade

1/4 C dry white wine  
 1/4 C apple juice  
 1/2 t grated lime peel  
 1/2 t salt  
 dash pepper  
 4 medium boneless, skinless chicken breasts

Combine salsa ingredients and mix well; allow flavors to blend about 1/2 hour. Serve over or a

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 214; Fat, 4 g; Cholesterol, 66 mg; Fiber, 2 g;  
 Sodium, 334 mg; Percent calories from Fat, 15%.

## CRUNCHY APPLE STIR-FRY

1/2 C onion, vertically sliced  
 1 C (2 medium) carrots, thinly sliced  
 1 1/2 t vegetable oil  
 1 t dried basil, crushed  
 1 C fresh or frozen Chinese pea pods  
 1 T water  
 1 medium Golden Delicious or Criterion apple, cored and thinly sliced

Stir-fry onion, carrots and basil in oil in non-stick skillet until carrots are tender. Stir i

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 69; Fat, 2 g; Cholesterol, 0 mg; Fiber, 3 g;  
 Sodium, 13 mg; Percent calories from Fat, 26%.

## FRENCH STYLE CHICKEN WITH APPLES

6 boneless, skinless chicken breasts  
 1 sliced onion  
 10 ounce can condensed chicken broth  
 3 T apple brandy, cider or apple juice  
 3 Empire apples, cored and sliced  
 6-8 artichoke hearts, cut in half  
 pinch of ground cinnamon, nutmeg, salt and pepper  
 minced fresh dill or parsley

Spray a large non-stick skillet with cooking spray. Brown chicken breasts on both sides. Remc

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 241; Fat, 5 g; Cholesterol, 66 mg; Fiber, 3 g;  
 Sodium, 252 mg; Percent calories from fat, 18%.

## GOLDEN APPLE STUFFED FILLETS

1 C grated, peeled Golden Delicious apple  
 1/2 C grated carrot  
 1/2 C minced green onion  
 2 T fresh lemon juice  
 1/4 t ground ginger  
 1/4 t ground mustard  
 1/4 t salt  
 1/4 t ground black pepper  
 1/8 t dried thyme  
 4 sole, cod or other white fish fillets (4 to 5 ounces each)  
 1/4 C chicken broth or water

Heat oven to 400; lightly oil small roasting pan. In medium-size bowl, combine apple, carrot,

Microwave version: Prepare apple stuffing mixture and roll up fillets as above. Place stuffed

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 123; Fat, 2 g; Cholesterol, 53 mg; Fiber, 1 g;  
 Sodium, 272 mg; Percent calories from Fat, 11%.

## WASHINGTON APPLE PIZZA

1/2 C lowfat ricotta cheese  
 2 T minced onion  
 1/2 t dried dill weed

1 16 ounce pre-cooked pizza crust  
 2 C Golden Delicious or Rome Beauty apples, cored and thinly sliced  
 1 C red bell pepper, thinly sliced  
 3/4 C shredded part-skim mozzarella cheese

Combine ricotta cheese, onion and dill; mix well. Spread on pizza crust. Layer apples, and pe

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 317; Fat, 7 g; Cholesterol, 14 mg; Fiber, 3 g;  
 Sodium, 102 mg; Percent calories from Fat, 21%.

## DESSERTS

### APPLE ICE

5 C sliced Granny Smith apples  
 1 C water  
 3/4 C sugar  
 1/2 t finely grated lemon peel

In saucepan, combine apples, water and sugar. Heat to boil, simmer 6 to 8 minutes or until ten

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 110; Fat, 0 g; Cholesterol, 0 mg; Fiber, 1 g;  
 Sodium 0 mg; Percent calories from Fat, 2%.

### BAKED APPLES

4 baking apples  
 1 1/2 T margarine  
 1/3 C brown sugar  
 3 T chopped walnuts  
 1/4 C apple juice or water  
 3 T raisins

Core apples. Combine margarine and sugar, add raisins and nuts and stuff into cavity of apples

Recipe provided by the New Jersey Department of Agriculture.

Nutrient Analysis Per Serving: Calories, 253; Fat, 8 g; Cholesterol, 0 mg; Fiber, 3 g;  
 Sodium, 58 mg; Percent calories from Fat, 30%.

### BAKED APPLES WITH FRESH MINT

4 Red Delicious apples  
 1/2 C raisins  
 1/4 C brown sugar  
 1 T fresh mint, minced  
 2 t margarine

Core apples and peel off a 1" strip around the hole on the top of each apple. Place apples in

Recipe provided by The Green House Fine Herbs.

Nutrient Analysis Per Serving: Calories, 251; Fat, 3 g; Cholesterol, 0 mg; Fiber, 5 g;  
 Sodium, 32 mg; Percent calories from Fat, 10%.

### CINNAMON BAKED GOLDENS

8 Golden Delicious apples, cored

1 C sugar  
 water  
 1/4 C lemon juice  
 1 t ground cinnamon  
 1 t grated lemon peel  
 1/2 t ground nutmeg

Pare apples 1/3 of the way down from top. Place in 13 x 9 x 2 inch baking pan. Combine sugar,

Recipe provided by the Washington Apple Commission.

Nutritional analysis per serving: Calories, 221; Fat, 1 g; Cholesterol, 0 mg; Fiber, 4 g; Sodium, 2 mg; Percent calories from fat, 3%.

#### CITRUS BERRY SHERBET

1 envelope unflavored gelatin  
 juice of 3 fresh oranges (1 C)  
 1 t grated peel and juice of 1 fresh lemon  
 1/4 C sugar  
 1 1/2 C mashed fresh or thawed, frozen strawberries or boysenberries (no sugar added)  
 1/2 C unsweetened applesauce

In saucepan, soften gelatin in orange and lemon juice. Add sugar and lemon peel. Stir over lc

Nutrient analysis per serving: Calories, 98; fat, 0 g; cholesterol, 0 mg; fiber, 2 g; sodium, 6

#### GOLDEN APPLE MERINGUES

2 large Golden Delicious or Rome Beauty apples, pared and halved (about 3/4 pound)  
 2 C apple juice  
 1/2 C orange marmalade  
 2 egg whites  
 2 T sugar  
 2 T chopped, toasted almonds

Poach apples in apple juice about 5 to 7 minutes or until barely tender; drain. Spoon 2 T marm

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 264; Fat, 3 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 35 mg; Percent calories from Fat, 9%.

#### GOLDEN SPICED BAKED APPLES

1/2 C sugar  
 2 T all-purpose flour  
 1 1/2 t ground cinnamon  
 6 Golden Delicious apples  
 2 T melted margarine  
 1/3 C chopped walnuts

Heat oven to 350. In pie plate or shallow dish, combine sugar, flour and cinnamon, mixing well

Microwave version: Coat and fill apples as directed above; place in microwave-safe baking dish

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 274; Fat, 9 g; Cholesterol, 0 mg; Fiber, 5 g; Sodium, 45 mg; Percent calories from Fat, 29%.

## HONEY BAKED APPLES

6 large Rome apples  
 6 t honey  
 1/4 C orange juice  
 1 t sugar  
 pinch nutmeg  
 1 orange

Core apples, being careful not to cut all the way through. Peel about 1/3 of the way down from

Nutritional analysis per serving: Calories, 167; Fiber, 5 g.; Cholesterol, 0; Sodium, 2 mg. F

## JERSEYBERRY SORBET

3 C fresh blueberries  
 3/4 C unsweetened apple or orange juice  
 3 T sugar  
 1 t fresh lime juice

Combine apple or orange juice and sugar in saucepan. Bring to a boil and boil for one minute.

Recipe provided by the New Jersey Department of Agriculture.

Nutrient Analysis Per Serving: Calories, 78; Fat, 0 g; Cholesterol, 0 mg; Fiber, 1 g;  
 Sodium, 6 mg; Percent calories from Fat, 4%.

## LEMONY POACHED GOLDEN APPLES

3 large Golden Delicious apples, cored  
 1 1/2 C apple juice  
 1 1/2 t grated lemon peel  
 1/8 t ground ginger

Remove peel around top half of each apple. Combine remaining ingredients; bring to boil. Redu

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 71; Fat, 0 g; Cholesterol, 0 mg; Fiber, 1 g;  
 Sodium, 2 mg; Percent calories from Fat, 4%.

## NECTARINE BERRY ICE

3/4 C apple juice or white grape juice or water  
 5 fresh nectarines, pureed  
 1 C fresh or frozen red berries, pureed

In large bowl, combine all ingredients. Freeze in freezer container or in ice cream maker accc

Recipe provided by the California Tree Fruit Agreement.

Nutrient analysis per serving: Calories, 61; fat, 0 g; cholesterol, 0 mg; fiber, 2 g; sodium,

## ORANGE POACHED APPLE

6 small Golden Delicious apples  
 1 1/2 C orange juice  
 1/2 C cream sherry  
 1 stick cinnamon  
 2 t grated orange peel

Core apples from bottom, leaving top side of apples unpierced; peel apples. In 2 quart saucepa

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 116; Fat, 0 g; Cholesterol, 0 mg; Fiber, 2 g; Sodium, 2 mg; Percent calories from Fat, 3%.

#### PEACH BAKED APPLES

6 medium apples (suggested: Empire, Gala, Golden Delicious, Ida Red, Jonagold, Jonathan, McIntosh, or Rome)  
 1/4 C peach preserves  
 1/4 t cinnamon  
 1/4 C apple cider or apple juice  
 3/4 C crumbled chewy oatmeal cookies

Cut apples in half and core. Place in 13 x 9 x 2 inch baking pan, cut side up. Combine preser

Recipe provided by the Michigan Apple Committee.

Nutritional analysis per serving: Calories, 215; Fat, 5 g; Cholesterol, 0 mg; Fiber, 4 g; Sodium, 105 mg; Percent calories from fat, 19%.

#### POACHED GOLDENS WITH CRANBERRY SAUCE

1/3 C whole cranberry sauce  
 1/4 t grated orange peel  
 1/8 t ground nutmeg  
 3/4 C water  
 1/2 C orange juice  
 1/3 C sugar  
 2 large Golden Delicious apples

Combine cranberry sauce, orange peel and nutmeg. Combine water, orange juice and sugar; heat t

Recipe provided by the Washington Apple Commission.

Nutrient Analysis Per Serving: Calories, 175; Fat, 0 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 7 mg; Percent calories from Fat, 2%.

#### SAUTEED APPLE SLICES WITH APRICOT SAUCE

3 oz. dried apricots (10 large)  
 2 16-oz. cans apricot halves, drained (juice-pak)  
 1/3 C water  
 3 large Greening or Granny Smith apples (1 1/2 pounds total), cored, peeled and cut into 16ths  
 1/3 C sugar  
 1 t vanilla

For apricot sauce: Combine dried apricots in bowl with enough hot water to cover and let stand

Steel knife: Puree dried apricots in work bowl 10 seconds. Add drained canned apricots and bl

For apples: Combine apple slices, sugar and vanilla in large skillet. Place over high heat an

Spoon 3 tablespoons apricot sauce on each dessert plate. Arrange 6 warm apples slices on to.

Nutritional analysis per serving: Calories, 132; Fiber, 3 g.; Cholesterol, 0; Sodium, 5 mg. F

#### BEVERAGES

##### APPLE HONEY SHAKE

1 quart chilled apple cider or juice  
 2 C chilled orange juice  
 1/4 C honey  
 2 t grated orange rind

Combine all ingredients and shake to blend. Pour over ice in tall glasses. Garnish with mint

Recipe provided by the New York Apple Association.

Nutritional analysis per serving: Calories, 158; Fat, 0 g; Cholesterol, 0 mg; Fiber, 0 g; Sodium, 6 mg; Percent calories from fat, 1 %.

#### REFRESHING LEMON AND ORANGE PUNCH

juice of 4 oranges (1 1/4 C)  
 juice of 1 lemon  
 1 can (6 ounces) unsweetened pineapple juice, chilled  
 1 can (6 ounces) apple juice, chilled  
 1 can (12 ounces) low calorie lemon-lime flavored soda, chilled ice cubes

In pitcher combine fruit juices, soda and ice; stir well. Garnish each serving with orange and

Recipe provided by Sunkist Growers, Inc.

Nutritional analysis per serving: Calories, 87; Fat, 0.0; Cholesterol 0.0 mg; Fiber, 1 g; Sodium, 14 mg. Percent calories from Fat, 2%.

#### SPARKLING PUNCH

2 C orange juice  
 3 T. lemon juice (juice of one lemon), optional  
 6 oz. unsweetened pineapple juice  
 1 C unsweetened apple juice  
 12 oz. lemon or lime sparkling mineral water or club soda

In a large pitcher, combine the fruit juices and sparkling water. Pour over ice. Makes about

Nutritional Analysis Per 10 Oz. Serving: Calories, 111; Fiber, 1 g.; Cholesterol, 0 mg.; Sodi

#### SNACKS

##### BROWN BAG FRUIT MIX

1/2 C apple, unpared, diced  
 1/2 C banana, sliced  
 1/2 C grapefruit sections, cut up  
 2 T grapefruit or pineapple juice  
 1/3 C grapes, halved  
 1/3 C pineapple tidbits, juice-packed, drained

Mix apple, banana, and grapefruit sections with juice to prevent darkening of apple and banana.

Nutritional analysis per serving: Calories, 110; Cholesterol, 0; Sodium, 1 mg.; Fat, 1 g. (8%

##### HI-FIBER FRUIT SAMPLER

12 pitted prunes (about 1/2 C)  
 2 bananas, sliced  
 2 small green apples, cored and sliced  
 2 slices fresh pineapple, quartered  
 1 orange, sliced  
 8 strawberries  
 mint sprigs

Arrange fruits on 4 individual plates, dividing equally. Garnish each plate with mint sprig.

Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 189; Fat, 1 g; Cholesterol, 0 mg; Fiber, 5 g; Sodium, 2 mg; Percent calories from fat, 4%.

#### SNACKIN' YOGURT

6 to 8 ounces unflavored nonfat yogurt  
 2 dried figs, sliced  
 1/4 red apple, cored, diced  
 1/2 small banana, sliced  
 2 T granola  
 1 T toasted pecans, chopped  
 2 T maple syrup

Freeze yogurt about one hour. Remove lid and invert over small bowl. Puncture bottom of conta

Nutritional analysis per serving. Calories, 494; Fat, 9 g; Cholesterol, 4 mg; Fiber, 6 g; Sodium,. 178 mg. Percent calories from Fat, 16%.

#### SAUCES, DIPS

##### APPLE-CRANBERRY SAUCE

6 ounces fresh or frozen cranberries (1/2 package)  
 4 large apples, cored, peeled and diced into chunks  
 1/2 C water  
 1 C sugar (adjust depending on tartness of apples)

Place all ingredients in a sauce pot and bring to a boil. Simmer until apple chunks are just t

Recipe provided by Crist Brothers Orchards Inc.

Nutritional analysis per serving: Calories, 212; Fat, 0 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 1 mg; Percent calories from fat, 2%..

##### ORANGE-YOGURT DIP FOR FRESH FRUIT

1 carton (8 ounces) lowfat plain yogurt  
 2 T honey  
 grated peel of 1/2 orange  
 2 oranges, peeled, segmented  
 1 medium apple, unpeeled, sliced\*  
 1 medium banana, peeled, cut into chunks

In small bowl, combine yogurt, honey and orange peel. Serve as a dip with oranges, apple and k

\*Sprinkle cut apple and banana with a small amount of orange or lemon juice to prevent fruit fr

Recipe provided by Sunkist Growers, Inc.

Nutrient analysis per serving: Calories, 148; fat, 1 g; cholesterol, 4 mg; fiber, 3 g; sodium 4

##### SUNSHINE FRUIT SAUCE

6 C peeled and sliced apples and/or pears  
 1 1/2 C prune juice  
 1 C (about 6 ounces) pitted prunes  
 1 to 2 T brown sugar  
 2 t grated orange peel or 2 t vanilla or 1 t anise seeds  
 4 orange slices, halved

In 3-quart saucepan combine apples, pears and prune juice. Bring to boil; reduce heat and simm

Recipe provided by the California Prune Board.

Nutritional analysis per serving: Calories, 143; Fat, 0 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 4 mg; percent calories from fat, 2%.

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