

Using and Storing Apples

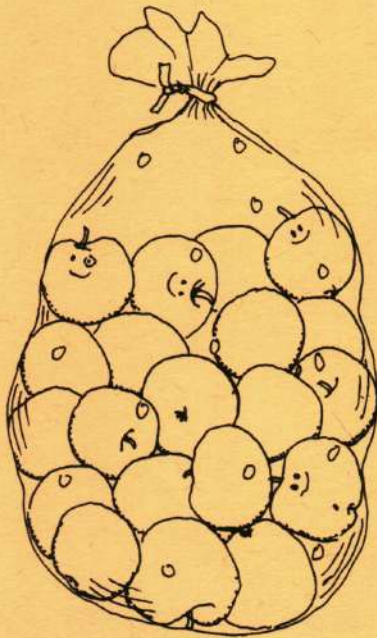
E-1702

March, 1983

Apples are a popular fruit for out-of-hand eating, yet versatile enough to be used in main dishes, salads, breads, and desserts. To get the most food value from your apples — store them right.

HOW TO STORE APPLES

1. Handle them gently. Bumps and bruises can cause dark spots.
2. Apples like cool temperatures and high humidity. Store them in the refrigerator crisper or other cool place.
3. Keep apples stored in a plastic bag with holes poked for ventilation.
4. Store apples separate from other foods so they do not pick up off flavors.



When properly stored, apples will remain fresh up to one month.

HOW TO USE APPLES

Apples can be served in many ways:

- Bake apples and serve as a side dish or dessert.
- Cook and mash apples for applesauce.
- Serve apple wedges as a low calorie snack.
- Add chopped apples to breads, hot cereals, or stuffing.
- Core and stuff with sauerkraut or sausage for baking.
- Or try one of the recipes on the other side.



APPLES ARE GOOD FOR YOU

Apples are low in calories and a good source of dietary fiber. If you are on a special diet, remember apples are low in fat and sodium.

Prepared by: Penny Ross, Extension Food and Nutrition Specialist

FILE
DO NOT REMOVE

Apple Recipes

APPLE SAUCE

(this recipe makes enough for 4 people)

- 4 medium apples
- water
- sugar
- $\frac{1}{4}$ teaspoon cinnamon (optional)

1. Peel, core and slice apples.
2. Place apples in a saucepan and cover bottom of pan with water.
3. Simmer until tender (about 15 minutes). Add more water if necessary to prevent scorching.
4. Mash apples and sweeten to taste.
5. Sprinkle with cinnamon if desired.
6. Serve hot or cold.

Apple sauce is good served with pork dishes.

APPLES WITH SWEET POTATOES

(this recipe makes enough for 6 people)

- 6 medium sweet potatoes
- 2 apples cored and cut into $\frac{1}{4}$ -inch rings
- $\frac{1}{2}$ cup orange juice
- $\frac{1}{4}$ cup brown sugar
- $\frac{1}{2}$ teaspoon cinnamon
- 2 tablespoons margarine

1. Cook potatoes until tender, about 30 minutes. Remove the skins and cut potatoes into $\frac{1}{4}$ inch slices.
2. Layer the potatoes in the bottom of a large baking dish. Top with a layer of apples.
3. Pour the orange juice over the potatoes and apples.
4. Mix the sugar and cinnamon, and sprinkle over apples.
5. Dot the casserole with margarine.
6. Bake uncovered at 350°F. until apples are tender, about 30 minutes.

Try apples with sweet potatoes for supper. Serve with ham and a salad.

BAKED APPLES

(this recipe makes enough for 4 people)

- 4 large tart apples
- $\frac{3}{4}$ cup sugar or brown sugar
- 1 tablespoon cinnamon (optional)
- margarine

1. Preheat oven to 375°F.
2. Wash apples and remove core.
3. Mix sugar and cinnamon and add to center of apples.
4. Dot tops with margarine.
5. Place apples in a baking dish. Add water to baking dish so bottom of dish is covered with $\frac{1}{4}$ inch of water.
6. Cover and bake 45 to 60 minutes, or until tender but not mushy.
7. Baste apples with pan juices before serving.

Serve baked apples with a meal or for dessert. They make a nutritious snack.

PEANUT BUTTER APPLE BETTY

(this recipe makes enough for 6 people)

- 6 apples
- 2 tablespoons lemon juice
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ cup sugar
- 1 cup flour
- $\frac{1}{4}$ cup ($\frac{1}{2}$ stick) margarine
- $\frac{1}{2}$ cup peanut butter

1. Peel, core, and slice apples into a baking dish.
2. Mix lemon juice and water and sprinkle over apples.
3. Combine sugar and flour.
4. Cut margarine and peanut butter into flour-sugar mixture and sprinkle over apples.
5. Bake at 350°F. until apples are tender, about 1 hour.

Serve peanut butter apple betty for a snack with a cold glass of milk.