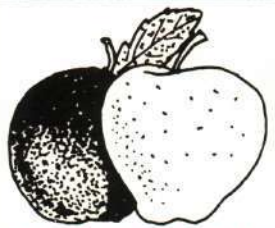


USING & STORING

APPLES



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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 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.
- 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.

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How to Store Apples

Handle them gently. Bumps and bruises can cause dark spots.

Apples like cool temperatures and high humidity. Store them in the refrigerator crisper or other cool place.

Keep apples stored in a plastic bag with holes poked for ventilation.

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.

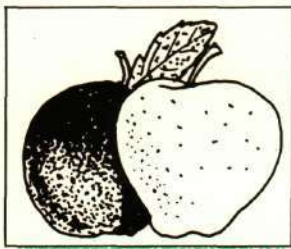
Apple Sauce

- 4 medium apples
- water
- sugar
- 1/4 teaspoon cinnamon (optional)

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

Apple sauce is good served with pork dishes.

Serves 4.



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Apples With Sweet Potatoes

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

Cook potatoes until tender, about 30 minutes. **Remove** the skins and **cut** potatoes into 1/4 inch slices.

Layer the potatoes in the bottom of a large baking dish. **Top** with a layer of apples. **Pour** the orange juice over the potatoes and apples. **Mix** the sugar and cinnamon, and **sprinkle** over apples. **Dot** the casserole with margarine. **Bake** uncovered at 350°F. until apples are tender, about 30 minutes.

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

Serves 6.

Baked Apples

4 large tart apples
1/4 cup sugar or brown sugar
1 tablespoon cinnamon (optional)
margarine

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

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

Serves 4.

Peanut Butter Apple Betty

6 apples
2 tablespoons lemon juice
1/4 cup water
1/3 cup sugar
1 cup flour
1/4 cup (1/2 stick) margarine
1/2 cup peanut butter

Peel, core and **slice** apples into a baking dish. **Mix** lemon juice and water and **sprinkle** over apples. **Combine** sugar and flour. **Cut** margarine and peanut butter into flour-sugar mixture and **sprinkle** over apples. **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.

Serves 6.

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