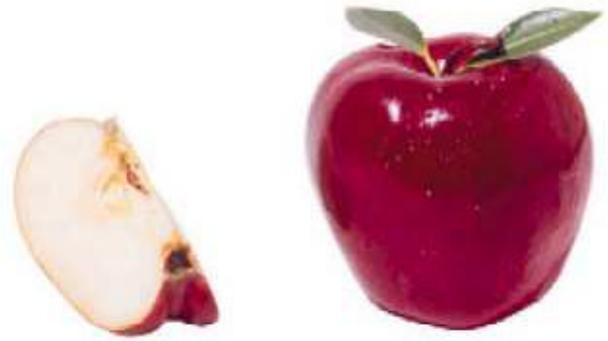


APPLE

Fruit of the Month



The apple can be traced back to the Romans and Egyptians who introduced them to Britain and finally to America. Today, Americans eat about 120 apples apiece each year. At least 50% of the domestic crop is used in items we use every day such as, applesauce, juice, jellies, pies and other popular desserts. (Wellness Encyclopedia of Food and Nutrition, 1992).

APPLE



Serving size 1 - medium** (154g/5.5oz)

Amounts Per Serving

Calories 80 % Daily Value*

Calories from Fat 0

Total Fat 0gm	0%
Sodium 0 mg	0%
Potassium 170mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 5g	20%
Sugars 16g	
Protein 0g	
Vitamin A	2%
Vitamin C	8%
Calcium	0%
Iron	2%

Selecting: Choose apples that are firm with no soft spots. Avoid apples that are discolored for their variety.

Storing: Keep apples in plastic bags in the refrigerator after purchasing to prevent further ripening. Apples should keep up to six weeks. However, check apples often and remove any apples that begin to decay or the others will do the same.

Preparation:

Wash apples well with soap and rinse with water. Prepare apple dishes just before serving to minimize browning (oxidation). Protect cut apples from oxidation by dipping them into a solution of one part citrus juice and three parts water.

Varieties:

There are about 2500 known varieties grown in the US. Thirty-six states grow them commercially with the following as top producers, WA, NY, MI, CA, PA, & VA. 56% of the 1999 crop was eaten as fresh fruit and 42% was processed.

VARIETIES

Braeburn  **Available Oct. through July** High flavor impact. The crisp, aromatic Braeburn blends sweetness and tartness just right for snacks and salads. Its color varies from greenish-gold with red sections to nearly solid red.

Golden & Red Delicious  **Available year round** Golden's firm, white flesh retains its shape and rich, mellow flavor when baked or cooked, making it the preferred "all purpose" cooking apple. The Skin is so tender and thin that it doesn't require peeling. The red is the favorite for eating.

Fuji  **Available year round** Like fine wine, its flavor improves with age. Fuji's spicy, crisp sweetness makes it an excellent snack or as applesauce. Fuji varies from yellow-green with red highlights to very red.

Gala  **Available August through March** Heart-shaped, distinctive yellow-orange skin with red striping. It has a crisp, sweet taste that can't be beat. Is the perfect take-along snack... anytime. Great in salads.

Jonagold  **Available September through April** A blend of Jonathan and Golden Delicious apples, offering a unique tangy-sweet flavor. With a yellow-green base and a blush stripe. Jonagold is excellent both for eating fresh and for cooking.

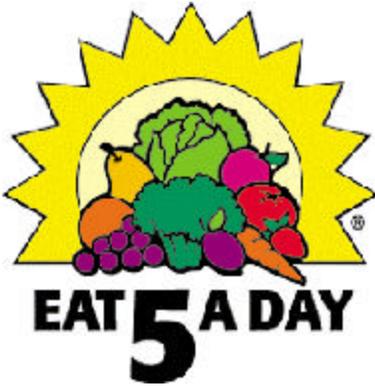
Rome Beauty  **Available September through July** Baker's dream, but Also a great eating apple. Smooth, blazingly bright red skin with sweet, slightly juicy flesh. Primarily cooking apples, with flavor that intensifies and becomes richer when baked or sautéed.

Granny Smith  **Available year round** Mouthwatering tartness. Bright green Granny with a pink blush has a crisp bite and a tangy flavor. Its tartness really comes through when baked and sautéed. Enjoy Granny Smiths out of hand or in a salad.

Winesap  **Available October through August** The apple with old-fashioned flavor. The Winesap has a spicy, tart, almost wine-like flavor that makes it the cider maker's first choice. Violet red in color, it's great as a snack and in salads.

McIntosh  **Available October through December** McIntosh is juicy, slightly tart, yet very aromatic with white flesh and a rather tough skin that is two-toned red and green coloring. It's a favorite apple for eating, but is also widely used in salads, sauces, pies and is a mainstay in fresh cider.

Make Apples Part of Your 5 A Day Plan:



It is easy to include apples in your 5 A Day Plan. Keep apples handy as a snack at work, put them in your lunch, eat one on break or chop one up in your salad. For a tasty dessert try baking an apple with a touch of cinnamon. Add chopped apples to your oatmeal. Use applesauce instead of shortening in your baked goods (1 To 1) to reduce fat and calories.

Recipes

Apple Tuna Sandwich

1 can tuna in water drained
1 small apple chopped
1/4 cup low fat vanilla yogurt
1 teaspoon prepared mustard
1 teaspoon honey
6 slices whole wheat bread
lettuce leaves

Combine and mix the tuna, apple, yogurt, mustard and honey. Spread 1/2 cup of the mixture on three bread slices. Top each slice of bread with lettuce and remaining bread. Cut sandwiches in half or as desired.

Sliced Honey Apples

3/4 cup honey
1/2 cup vinegar
2 cups apples
1 tablespoon cinnamon
1/4 cup water

In a saucepan heat the honey, vinegar, cinnamon and water. While heating the honey mixture, peel, core, and slice the apples. When honey mixture begins to boil, begin

dropping the apple slices into mixture a few at a time. When apple slices look transparent take them out. Serve chilled or warm with dessert.

Sweet and Sour Shrimp and Apples

Ingredients

3 tablespoons vegetable oil
1 pound shrimp, peeled and deveined
2 Golden Delicious apples, cored and thinly sliced
1 cup green onion, cut into 1-inch pieces
1 sweet green or red pepper, seeded and cut into strips
1 1/2 cups fresh snow peas or 6-ounce package frozen snow peas, thawed
1/2 cup cold water
1/3 cup firmly packed brown sugar
1/4 cup rice wine or cider vinegar
4 teaspoons cornstarch
1 tablespoon reduced-sodium soy sauce
1 teaspoon ground ginger
Rice or Chow Mein Noodles (optional)

Method:

1. In large skillet or wok, heat 1 tablespoon oil over high heat; stir fry shrimp until just pink. Transfer shrimp to large bowl and reserve. Add another tablespoon oil to skillet; add apples and stir-fry 1 minute. Transfer to bowl with shrimp.
2. Add remaining tablespoon oil to skillet; add green onion, sweet pepper, and snow peas; stir fry 2 minutes. Transfer vegetables to bowl with shrimp and apples.
3. In small bowl, combine water, brown sugar, vinegar, cornstarch, soy sauce, and ginger; mix until well blended. Pour mixture into skillet and cook, stirring constantly, until boiling and thickened. Reduce heat to low, return all ingredients to skillet and heat through. Serve with rice or noodles, if desired.

Nutrition information per serving (without rice or noodles)

protein: 26g; fat: 12g; carbohydrate: 39g; fiber: 4g; sodium: 330mg; cholesterol: 172mg; calories: 359.

Apple Butter

Yield 5 pints

Ingredients

4 pounds Granny Smith apples, peeled, cored and quartered
1 cup water
1 cup apple cider
Brown sugar as needed
2 teaspoons cinnamon
1 teaspoon ground cloves
1/2 teaspoon allspice
Grated rind and juice of 2 lemons

Method:

1. Cook the apples in the liquid until soft. Pass through a food mill. Add 1/2 cup brown sugar for each cup of puree. Add the spices, rind and lemon juice and cook over very low heat until thick and dark brown. This may take 3 to 4 hours.
2. If not to be used within a week or two, pour into hot sterilized jars and seal tightly.

Apple Yogurt Trifle

Serves 4

Green apple and cherry yogurt create ribbons of lovely color in this wholesome snack.

Ingredients

1 Granny Smith apple, cored and finely chopped
2 8-ounce containers low fat cherry yogurt
10 tablespoons Grape-Nuts cereal

Method:

1. Evenly divide half of the chopped apple pieces among four parfait dishes or tall glasses.
2. Divide yogurt from one 8-ounce container among dishes.
3. Add 2 tablespoons Grape-Nuts to each trifle, then top with layers of remaining yogurt, chopped apple and a sprinkle of Grape-Nuts on top.

4. Refrigerate at least 15-20 minutes before serving to allow cereal to soften slightly.

Protein 7g; Carbohydrates 44g; Fat 1g; Sodium 186mg; Cholesterol 5mg; Calories 210

Apple Meringues Serves 4

Ingredients

- 2 Jonagold or Golden Delicious apples, peeled, halved, and cored
- 2 cups apple juice or water
- 1/2 cup orange marmalade
- 2 large egg whites
- 2 tablespoons sugar
- 2 tablespoons chopped, toasted almonds

Method:

1. In small saucepot, poach apples in apple juice 8 to 10 minutes or until barely tender; drain. Spoon 2 tablespoons marmalade into center of each half.
2. Heat oven to 350 degrees F. In medium bowl with electric mixer, beat egg whites until soft peaks form when beaters are lifted. Gradually beat in sugar; beat until stiff peaks form. Fold in almonds. Cover tops of apple halves to edges with egg white mixture; place on baking sheet. Bake 7 to 10 minutes or until tops are lightly browned.

Nutrition information per serving

Protein: 3g; Fat: 3g; Carbohydrate: 60g; Fiber: 2g; Sodium: 35mg; Cholesterol: 0; Calories: 264.

Apple/Carrot Salad Makes 6 (2/3 cup) servings

- 1 c Carrot, shredded
- 3 (medium), unpared and diced Apples
- 1 T Lemon juice
- 1/2 c Raisins
- 1/3 c Cholesterol free, reduced fat mayonnaise

Method: Combine all ingredients. Chill thoroughly. Serve on salad greens.

Nutrition information per serving: 126 calories, 4 gm fat, 3 mg cholesterol, 2 gm fiber, 89 mg sodium

Spicy Apple-Filled Squash

Serves 4

Ingredients

- 1 acorn squash (about 1 pound)
- 1 Golden Delicious apple, peeled, cored, and sliced
- 2 teaspoons melted butter or margarine
- 2 teaspoons brown sugar
- 1/8 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- Dash ground cloves

Method:

1. Heat oven to 350 degrees F. Grease a 1-quart baking dish. Halve squash and remove seeds; cut into quarters. Place quarters, skin side up, in dish and cover; bake 30 minutes. Meanwhile, in medium bowl, combine apple, butter, brown sugar, cinnamon, nutmeg, and cloves.
2. Turn cut sides of acorn squash up; top with apple mixture. Cover and bake 30 minutes longer or until apples are tender.

Variations:

Quick microwave version

Halve and seed squash; cut into quarters. Arrange quarters, cut side up, in microwave-safe baking dish. Microwave on high (100 percent) 6 to 7 minutes, rotating squash halfway through cooking time. Top squash with apple mixture, cover with vented plastic wrap and microwave on high 4 to 5 minutes or until apples are tender.

Nutrition information serving

Protein: 1g; Fat: 3g; Carbohydrate: 17g; Fiber: 3g; Sodium: 24mg; Cholesterol: 0g; Calories: 88.