

Fruit of the Month

Apple



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).

Selection

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

Storage

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.

Nutrition Facts

Serving Size (138g)			
Servings Per Container			
Amount Per Serving			
Calories 60		Calories from Fat 0	
% Daily Value*			
Total Fat 0g			0%
Saturated Fat	0g		0%
Cholesterol 0mg			0%
Sodium 0mg			0%
Total Carbohydrate 17g			6%
Dietary Fiber	3g		12%
Sugars	14g		
Protein 0g			
Vitamin A 0%		• Vitamin C	10%
Calcium 0%		• Iron	2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

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.



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



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

Makes 3 servings

Each serving equals one 5 A Day serving

- 1 can tuna in water drained
- 1 small apple chopped
- $\frac{1}{4}$ cup low fat vanilla yogurt
- 1 tsp prepared mustard
- 1 tsp honey
- 6 slices whole wheat bread
- lettuce leaves



Combine and mix the tuna, apple, yogurt, mustard and honey. Spread $\frac{1}{2}$ 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.

Nutritional analysis per serving: calories 336, protein 37g, fat 4g, percent calories from fat 10%, cholesterol 37mg, carbohydrates 39g, fiber 3g, sodium 83mg

Sliced Honey Apples

Makes 4 servings

Each serving equals one 5 A Day serving

$\frac{3}{4}$ cup honey

$\frac{1}{2}$ cup vinegar

2 cups apples

1 Tbsp cinnamon

$\frac{1}{4}$ 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.

Nutritional analysis per serving: calories 228, protein 1g, fat 0mg, percent calories from fat 0%, cholesterol 0mg, carbohydrates 61mg, fiber 2g, sodium 3mg

French Style Chicken with Apples

Makes 6 servings

Each serving equals one 5 A Day serving

Recipe Source: Produce for Better Health/Western New York Apple Growers Assoc.

6 boneless, skinless chicken breasts

1 onion, sliced

1 can (10 oz.) condensed chicken broth

3 Tbsp apple brandy, cider, or apple juice

3 Empire apples, cored and sliced

6 artichoke hearts, cut in half

$\frac{1}{8}$ tsp each of ground cinnamon, nutmeg, salt, and pepper

1 tsp fresh dill

1 tsp fresh parsley

Spray a large, non-stick skillet with cooking spray. Brown chicken breasts on both sides. Remove chicken from skillet and set aside. Stir in sliced onion, apples, artichokes, broth, juice and spices. Cook 3 minutes. Spread chicken breasts in skillet; arrange apples, onion, and artichokes on top. Simmer covered, about 10 minutes or until chicken is tender and heated through.

Sprinkle with salt and pepper. Garnish with fresh parsley or dill and apple slices before serving.

Nutritional analysis per serving: calories 182, protein 11g, fat 7g, percent calories from fat 30%, cholesterol 31mg, carbohydrates 22g, fiber 3g, sodium 159mg

Apple Yogurt Trifle

Makes 4 servings

Each serving equals one 5 A Day serving

4 Granny Smith apple, cored and finely chopped
2 8-oz. containers low fat cherry yogurt
10 Tbsp granola cereal



Green apple and cherry yogurt create ribbons of lovely color in this wholesome snack. Evenly divide half of the chopped apple pieces among four parfait dishes or tall glasses. Divide yogurt from one 8-oz. container among dishes. Add 2 Tbsp Grape-Nuts to each trifle, then top with layers of remaining yogurt, chopped apple and a sprinkle of Grape-Nuts on top. Refrigerate at least 15-20 minutes before serving to allow cereal to soften slightly.

Nutritional analysis per serving: calories 309, protein 6g, fat 3g, percent calories from fat 7%, cholesterol 9mg, carbohydrates 68g, fiber 7g, sodium 75mg

Apple/Carrot Salad

Makes 6 (2/3 cup) servings

Each serving equals one 5 A Day serving

- 1 cup carrot, shredded
- 3 (medium), unpared and diced apples
- 1 Tbsp lemon juice
- $\frac{1}{2}$ cup raisins
- $\frac{1}{3}$ cup fat-free mayonnaise

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

Nutritional analysis per serving: calories 101, protein 1g, fat 1g, percent calories from fat 6%, cholesterol 1mg, carbohydrates 25mg, fiber 3g, sodium 115mg

Apple Meringues

Makes 4 servings

Each serving equals one 5 A Day serving

- 2 Jonagold or Golden Delicious apples, peeled, halved, and cored
- 2 cups apple juice or water
- $\frac{1}{2}$ cup orange marmalade
- 2 large egg whites
- 2 Tbsp sugar
- 2 Tbsp chopped, toasted almonds

In small saucepot, poach apples in apple juice 8 to 10 minutes or until barely tender; drain. Spoon 2 Tbsp marmalade into center of each half. 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.

Nutritional analysis per serving: calories 199, protein 3g, fat 2g, percent calories from fat 10%, cholesterol 0mg, carbohydrates 42g, fiber 2g, sodium 43mg

Spicy Apple-Filled Squash

Makes 4 servings

Each serving equals one 5 A Day serving

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

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.

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.

Nutritional analysis serving: calories 79, protein 1g, fat 1g, percent calories from fat 15%, cholesterol 3mg, carbohydrates 19g, fiber 2g, sodium 5mg