



Apples

Illinois-grown apples are available most of the year. The peak harvest is August through October.

Apples Are Good for You

Apples are . . .

- a good source of fiber
- a source of potassium and vitamin C.

How to Buy Apples

Apples should feel firm. If you can dent one with your finger, it is too soft. Large apples are more likely to be over ripe. Do not buy apples with bruises, rotten spots or a brown core.

Plan on 6 to 8 medium-sized apples for a 9-inch pie. One pound of apples equals . . .

- 3 medium-sized apples
- 4 cups peeled, cored slices.

The chart below will help you decide how to use the Illinois varieties most commonly found in farmers' markets. Or, ask the vendor to recommend a variety.

<i>Name</i>	<i>Fresh</i>	<i>Baking</i>	<i>Cooking</i>
Braeburn	x	x	x
Fuji	x	x	x
Gala	x		
Golden Delicious	x		x
Granny Smith	x	x	x
Jonathan	x	x	x
Red Delicious	x		
Rome Beauty	x	x	x
Winesap		x	

How to Store Apples

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

Store apples in a cool, dry place or in a plastic bag in the refrigerator crisper. Keep them separate from strong flavored foods, as they will pick up those flavors.

Properly stored, apples will keep up to a month. Check them often, and remove any apples that are beginning to rot.

How to Use Apples

Wash apples before using them, even if you plan to peel them. To prevent cut apples from browning dip them in a mixture of lemon juice and water (1 Tbsp. per cup) or put peeled apples in a bowl of cold water as you work.

Raw apples can be added to many foods to give a delightful new taste and texture.

Serve apple slices . . .

- as a dessert, with a sprinkling of cinnamon or chopped nuts
- with cheddar cheese slices
- spread with peanut butter
- with a dip, such as vanilla yogurt, cheese sauce or Ranch-style dressing.

Chopped apples can be added to . . .

- tuna or chicken salad
- a carrot-raisin or green salad
- oatmeal or cold cereal
- pancake or quick bread batters.

Try grated apples in . . .

- meatloaf or meatballs
- peanut butter, as a sandwich spread..

Apples bake well with sweet potatoes and winter squash. Sautéed apple slices are delicious with pork. Try one of the baked apple recipes on the next page.

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Apple Recipes

Baked Apples

Serves 4

Preheat oven to 375° F.

Choose a tart apple well suited for baking (see front page). Wash and core the apples. If you do not have an apple corer, a small paring knife will work. To keep the peel from splitting during baking, either peel the top 1/3 of apple or peel off a thin strip around the middle of the apple. Place apples in a baking pan.



Fill apples with one of the following fillings. Bake until tender, about 30 minutes, basting twice with the pan juices toward the end of baking.

Raisin Cinnamon Filling

4 cooking apples
2 Tbsps. brown sugar
2 Tbsps. orange juice concentrate
1/4 cup apple juice
1/2 to 1 tsp. cinnamon
3 Tbsps. raisins

Directions:

Blend brown sugar, orange juice concentrate, apple juice, raisins and cinnamon. Fill the cored apples, drizzling any extra on top.

Calories: 151 per serving
Fat: 0 grams per serving

Sausage Filling

4 cooking apples
4 tsps. brown sugar
3/4 cup well-seasoned, precooked sausage meat (or 4 small precooked sausage links)

Directions:

Sprinkle the cored apples with brown sugar, and fill with sausage.

Calories: 344 per serving
Fat: 19 grams per serving

Ala Mode

4 cooking apples
1/4 cup sugar or brown sugar
1 Tbsp. cinnamon
4 tsps. margarine

Directions:

Mix sugar and cinnamon and fill cored apples. Dot with margarine. After baking, cool 10 minutes. Serve with a .scoop of low-fat frozen yogurt or ice milk on top.

Calories: 260 per serving
Fat: 6 grams per serving

Golden Brown Apple Rings

Serves 8

2 cups biscuit-type mix
2 eggs
1 cup skim milk
4 medium apples, cored and peeled
vegetable spray or oil

Calories: 186 per serving without toppings
Fat: 6 grams per serving without toppings

Directions:

Beat together biscuit mix, eggs and milk until smooth. Oil a griddle or frying pan and place on medium-high burner. Slice apples and dip in batter. Place on griddle, pouring a little batter in center of each apple ring. Cook until golden brown, turning once with a pancake turner. Serve warm with syrup, yogurt or sprinkle of cinnamon.