

# Cooking With



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# Apples

Apples are one of the most popular, flavorful and healthful fruits grown in the world. Apples and processed apple foods are a great way to help get the recommended servings of fruits each day.

## History

Back in ancient times, the Greeks and Romans were the first to enjoy the juicy, sweet flavor of the apple. Soon after the Romans conquered England, there were apple trees growing all over the land and across the entire European continent. When Europeans began settling in America, they brought the apple seeds and the apple trees with them. Historical records from the Massachusetts Bay Company indicate that apples started to grow in parts of New England as early as 1630.

Soon, apple growing spread to all parts of America, due largely in part to an apple seed farmer named John Chapman. Known in fairy tales as Johnny Appleseed, John Chapman distributed seeds to European settlers of Illinois, Ohio, and Indiana in the 1800's. The tale of John Appleseed describes him as wearing ragged clothes and a tin pot over his head. Today, the apple is ranked as American's favorite fruit, and the United States produces over 2,500 varieties of apples.

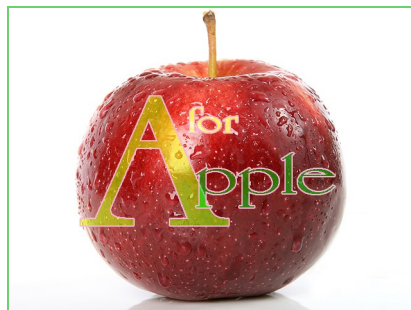
Washington ranks number one in the country at producing the most bushels per year, followed by New York, Michigan, and California, Pennsylvania, and Virginia.



## Most popular varieties:

Nearly 100 varieties are grown commercially in the United States, but a total of 15 popular varieties account for almost 90 percent of the 2006 production according to the U.S. Apple Association.

1. Red Delicious
2. Gala
3. Golden Delicious
4. Granny Smith
5. Fuji
6. McIntosh
7. Rome
8. Empire
9. York
10. Idared
11. Cortland
12. Stayman
13. Newton
14. Northern Spy



Up-and-coming "new" varieties include Braeburn, Cameo, Fuji, Gala, Ginger Gold, Honey Crisp and Pink Lady.

## Apple Facts

- The crabapple is the only apple native to North America.
- Apples come in all shades of reds, greens, yellows.
- Two pounds of apples make one 9-inch pie.
- 2500 varieties are grown in the United States
- 7500 varieties are grown in the world.
- The science of apple growing is called pomology.
- Apple trees take 4-5 years to produce their first fruit.
- 25 percent of an apple's volume is air. That is why they float.
- Some apple trees will grow to over 40 feet high and live over a hundred years.
- Apples are the second most valuable fruit grown in the U.S. Oranges are the first.
- World's top apple producers are China, United States, Turkey, Poland and Italy.
- Apples ripen 6-10 times faster at room temperature than if they were refrigerated.
- Don't peel your apple. Two-thirds of the fiber and lots of antioxidants are found in the peel. Antioxidants help to reduce damage to cells, which can trigger some diseases.

- The top apple producing states are Washington, New York, Michigan, Pennsylvania, California and Virginia.
- In 2006, 58% of apples produced in the United States were produced in Washington, 11% in New York, 8% in Michigan, 5% in Pennsylvania, 4% in California and 2% in Virginia.
- Almost one out of every 4 apples harvested in the United States is exported.
- The apple variety “Red Delicious” is the most widely grown in the United States with 62 million bushels harvested in 2005.
- October is National Apple Month. (University of Illinois Extension)



## Varieties



**Golden Delicious:** has firm, white flesh with sweet crisp flavor. It is the preferred “all purpose” cooking apple since it retains its shape and rich, mellow flavor when baked or cooked. Its skin is so tender and thin that it doesn’t require peeling for most recipes. Golden Delicious is very good in fresh salads and freezes well. Available year round. You can reduce the amount of added sugar when making pies with Golden. This apple was discovered in West Virginia.

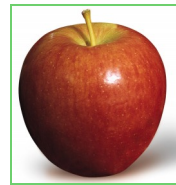


**Fuji:** has a spicy, crisp sweetness and firm flesh that makes it an excellent fresh eating apple. It’s also good in baking or applesauce and stores well. Fuji flavor improves in storage like fine wine. Fuji skin color varies from yellow-green with red highlight to very red. It was bred from a cross between Red Delicious and Ralls Janet varieties in Japan. Originally developed in Japan in the late 1930’s the Fuji apple was named after the famous Mt. Fuji.

**Gala:** is heart-shaped with distinctive yellow-orange skin with red striping. Gala is just the right size for snacking and is great in salads, good for baking and very good in applesauce. Available August through March. This variety originated in New



Zealand. The Royal Gala strain was named in honor of Queen Elizabeth II, who deemed it her favorite during a visit to New Zealand. It was brought to the United States in the early 1970’s.



**Braeburn:** has high impact flavor. It has a rich spicy-sweet flavor. The crisp, aromatic Braeburn blends sweetness and tartness just right for snacks and salads. It’s also good in baking, applesauce and for freezing. It’s color varies from greenish-gold with red sections to nearly solid red. Available October through July. This apple originated in New Zealand.



**Granny Smith:** has a crisp-mouth-watering tartness. Bright green Granny Smith has a pink blush. Its tartness really comes through when baked and sautéed. Enjoy out of hand or in a salad. U.S. Granny’s are harvested beginning in August, and are available year round. This apple originated in Australia.



**Jonagold:** is a blend of Jonathan and Golden



Delicious apples, offering a unique tangy-sweet flavor with firm flesh. Jonagolds have a yellow-green base skin color and red-orange blush. Jonagold is excellent both for eating

fresh and for cooking. Available October through July. This apple debuted in 1968, a product of the New York State Agricultural Experiment Station.

**Winesap:** is the apple with old-fashioned flavor.



Winesap has a spicy 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. Available October through August.

**Rome:** has a mild flavor that grows richer when



baked or sautéed. Rome has smooth, blazingly red skin with sweet, slightly juicy flesh. Also a great eating apple. Available September through July. This apple is often referred to as the

“baker's buddy”.

**McIntosh:** McIntosh is juicy, slightly tart, yet

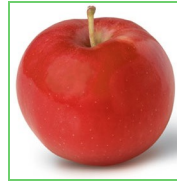


very aromatic with white flesh and a rather tough skin that is two-toned red and green coloring. It's a favorite apple for eating, but is also widely used in salads,

saucers, pies and is a mainstay in fresh cider. This is an old, well-known variety that was discovered as a chance seedling by John McIntosh in 1811. This apple is typically available from September through May.



**Idared:** Introduced in 1942, this Idaho Agricultural



Experimental Station product is a cross between Jonathan and Wagener apples. It has a tangy flavor like the Jonathan, but is much larger. It has a bright red skin, and firm texture. This apple is good for snacking and holds its shape ideally for baking. Available from September through June.

**Jonathan:** This variety of apples was discovered



in Woodstock, New York, in the 1902's and is known for its use in pies and applesauce. This crimson apple with occasional touches of green has a spicy tang that blends well with other varieties in sauces

and cider. Jonathan is typically available from September through April.

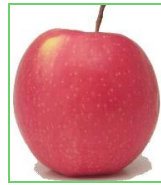
**Newtown Pippin:** Also known as Albemarle



Pippin, a favorite variety of Thomas Jefferson. Discovered on Long Island in 1759, this apple is one of the oldest original U.S. varieties, helping to launch the U.S. fruit export industry. New-

town Pippin is a distinctive green, often with yellow highlight. Its aromatic, tangy flesh makes the Newtown great for use in pies and applesauce. Primarily a process variety, most U.S. supplies are used commercially. Newtown Pippin is typically available from September through December.

**Pink Lady:** Notable for its hot pink skin color



and lily white flesh, this Southern Hemisphere native is now growing in the United States. A cross between Golden Delicious and Lady Williams, crunchy Pink Lady has a unique sweet-tart flavor. It is great

for snacking, slicing or dicing on a salad, and for baking. The Pink lady is harvested in mid-October and is available through late spring or early summer. Pink Lady is a registered trademark of Brandt's Fruit Trees, Inc.

**Red Delicious:** This most widely recognized of all U.S. apple varieties originated in Iowa in the 1870's. This sweet, crispy, juicy apple varies in color from striped red to solid midnight red. Western Red Delicious apples are elongated in shape, with pronounced "feet", Eastern-grown Red Delicious apples are more round. This apple is best eaten fresh or in salads. They are available year round.



**Honeycrisp:** This apple has a honeyed, mild flavor and is crispy, juicy and sweet. Honeycrisp's skin is a distinctive mottled red over a yellow background, with coarse flesh. This apple is good for snacking, salads and sauce-making, and stores well. Honeycrisp was developed by the University of Minnesota.



**Cameo:** This new apple was discovered in the late 1980's in Washington State. It bears red stripes over a cream-colored background. Extra-crispy Cameo has a sweet-tart



taste. This apple resists browning, making it a natural choice for salads and fruit trays. Cameo's extra denseness takes a bit longer to cook. Cameo is a registered trademark of the Cameo Association.

**Cortland:** This variety originated in the late 1890's and was developed at the New York State Agricultural Experiment Station. It is a cross between McIntosh and Ben Davis. It is a sweeter than its McIntosh parent, with only a hint of tartness. Cortland has tender, snow white flesh that resists browning, making it an excellent choice for salads, kabobs and garnishes. Available September through April.



**Empire:** Empires were developed by the New York State Agricultural Experiment Station in 1966 and are a cross between Red Delicious and McIntosh. This crisp, juicy apple has a delightful sweet-tart flavor and creamy white flesh, making it a good all-purpose apple. Available between September and July.



### Selection of Apples

- Select apples that are firm to the touch, have a good aroma and are free of skin breaks and bruises. Avoid apples with soft spots.
- Handle them gently to prevent bruising.

### Preparation of Apples

- Wash each apple under running water and dry with a clean paper towel.
- Slicing Apples: Cut and coat apples slices and dices in a mixture of one part lemon juice to three parts water, in vitamin C fortified 100% apple juice or in a commercial anti-browning product to prevent browning. You can also use orange juice or grapefruit juice mixed with water to keep from turning brown. Eat within 2 hours or refrigerate immediately until use.

### Nutrition

1 medium size apple has: 80 calories, 0 grams fat, 0 grams cholesterol, 0 grams sodium, 22 grams carbohydrates, 5 grams dietary fiber, 16 grams sugar, 0 grams protein. 1 apple provides 2% daily value of vitamin A, 8% of vitamin C, 0% of iron.

Apples are a source of both soluble and insoluble fiber. About 80% of the fiber in apples is soluble fiber and the remaining 20% is insoluble fiber.

Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of the blood vessel walls, thus reducing the incident of atherosclerosis and heart disease. The insoluble fiber in apples provides bulk in the intestinal tract, holding water to cleanse and move quickly through the digestive system and may help prevent some cancers.

It is a good idea to eat apples with their skin. Almost half of the vitamin C content is just underneath the skin. Eating the skin also increases insoluble fiber content. Most of an apple's fragrance cells are also concentrated in the skin and as they ripen, the skin cells develop more aroma and flavor.



### Serving Sizes

A serving size is:  
One medium apple  
6 ounces of apple juice  
1 cup applesauce

### Five reasons to Eat an Apple every Day

- **Your Diet:** Apples are the perfect portable snack; great tasting, energy-boosting, and free of fat.
- **Your Heart:** Research confirms it! The anti-oxidant phytonutrients found in apples help fights the damaging effects of LDL (bad) cholesterol.
- **Your Digestion:** Just one apple provides as much dietary fiber as a serving of bran cereal. (That's about 1/5 of the recommended daily intake of fiber.)
- **Your Lungs:** An apple a day strengthens lung function and can lower the incidence of lung cancer, as well.
- **Your Bones:** Apples contain the essential trace element, boron, which has been shown to strengthen bones - a good defense against osteoporosis.

### Storing Apples

- Refrigerate apples as soon as possible to slow ripening and maintain flavor. Properly refrigerated apples can keep anywhere from 4 - 6 weeks.
- Store apples away from strong-smelling foods, to prevent them from absorbing unpleasant odors.

**Preserving Apples:** Refer to the bulletin "Preserving Apples" (MF-1187) published by

K-State Research and Extension. This bulletin is available free of charge at all Kansas Extension office. This is also available at [www.oznet.ksu.edu](http://www.oznet.ksu.edu).

This bulletin contains information on freezing and canning apples as well as how to make apple butter, apple jelly, apple juice, apple pie filling, applesauce, spiced apple rings and spiced crab apples.

### Apple Math

1 pound apples = 4 small, 3 medium or  
2 large apples  
= 2 3/4 cups sliced  
= 2 cups chopped

### Apples and Wax

After harvest, apples are washed and brushed to remove leaves and field dirt before they are packed in cartons for shipping to your local market. This cleaning process removes the fruit's original wax coating, so to protect the fruit many apple packers will re-apply a commercial grade wax. One pound of wax may cover as much as 160,000 pieces of fruit; perhaps two drops is the most wax covering on each apple.

Waxes have been used on fruits and vegetables since the 1920's. They are all made from natural ingredients, and are certified by the U.S. Food and Drug Administration to be safe to eat. They come from natural sources including carnauba wax, from the leaves of Brazilian palm; candellia wax, derived from reed-like desert plants; and a food-grade shellac, which comes from a secretion of the lac bug found in India and Pakistan. These waxes are also approved for use

as food additives for candy and pastries. (Now you know why your chocolate bars melt in your mouth but not in your hand...).

The commercial waxes do not easily wash off because they adhere to any natural wax remaining on the fruit after cleaning. Waxed produce can be scrubbed with a vegetable brush briefly in lukewarm water and rinsed before eating to remove wax and surface dirt. (U.S. Apple Association.)

**Q. What is the difference between Apple Cider and Apple Juice?**

**A.** The definitions of “juice” and “cider” vary from region to region. Apple cider is freshly pressed, not-from-concentrate juice that may or may not undergo a filtration process to remove coarse pulp.

Most cider is pasteurized but perishable and is often found in the refrigerated section of the supermarket. Apple juice may be from concentrate and has been filtered, pasteurized, and vacuum sealed to give a longer lasting, shelf-stable, clear product.

Apple Varieties and Characteristics

Variety	Flavor	Texture	Baking	Eating and Salads	Pies	Sauce
Braeburn	Sweet-tart	Crisp	x	x	x	x
Cortland	Slightly tart	Slightly Crisp	x	x	x	x
Crispin	Sweet	Crisp	x	x	x	x
Criterion	Sweet	Crisp		x	x	x
Elstar	Sweet-tart	Crisp	x	x		x
Empire	Sweet-tart	Crisp	x	x		
Fireside	Slightly Sweet	Slightly Crisp		x		
Fuji	Sweet	Crisp		x		
Gala	Sweet			x		x
Ginger Gold	Sweet	Crisp		x		
Golden Delicious	Sweet	Crisp	x	x	x	x
Granny Smith	Tart	Crisp	x	x	x	x
Greening	Tart	Crisp	x		x	x
Haralson	Tart	Crisp	x	x	x	x
Honeycrisp	Sweet	Crisp	x	x		x
Honey Gold	Sweet	Slightly Crisp		x	x	
Ida Red	Slightly Tart	Slightly Crisp	x		x	x
Jonagold	Sweet-tart	Crisp	x	x	x	x
Jonamac	Sweet-tart	Tender		x		x
Jonathan	Slightly Tart	Tender		x	x	x
McIntosh	Sweet-tart	Tender		x		x
Newtown Pippin	Slightly Tart	Crisp	x	x	x	x
Northern Spy	Slightly Tart	Crisp	x		x	x
Paula Red	Slightly tart	Slightly Crisp		x	x	x
Prairie Spy	Slightly Sweet	Crisp	x	x	x	x
Red Delicious	Sweet	Crisp		x		
Regent	Sweet	Crisp		x	x	
Rome	Slightly Tart	Slightly Crisp	x		x	x
Spartan	Slightly Tart	Tender			x	x
Winesap	Slightly Tart	Crisp		x		
York Imperial	Slightly tart	Slightly Crisp	x	x	x	x

References: Virginia Apple Growers Association, U.S. Apple Association, University of Illinois Extension, Fruits and Vegetables More Matters.

## Dutch Apple Pie with Oatmeal Streusel

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1	9 inch	pie shell	2	tablespoons	butter
5	cups	apples-peeled, cored and sliced	3/4	cup	all purpose-flour
2	tablespoons	all purpose-flour	1/2	teaspoon	ground cinnamon
2/3	cup	white sugar	1/2	cup	packed brown sugar
1/2	teaspoon	ground cinnamon	3/4	cup	rolled oats
1/4	teaspoon	ground nutmeg	1	teaspoon	lemon zest
1/4	teaspoon	ground allspice	1/2	cup	butter

- 1 Preheat oven to 425 degrees F (22) degrees C). Fit pastry shell into pie pan and place in freezer.
- 2 To make apple filling: place apples in a large bowl. In a separate bowl combine 2 tablespoons flour, white sugar, 1/2 teaspoon cinnamon, nutmeg, and allspice. Mix well, and then add to apples. Toss until apples are evenly coated.
- 3 Remove pie shell from freezer. Place apple mixture in pie shell and dot with 2 tablespoons butter or margarine. Lay a sheet of aluminum foil lightly on top of filling, but do not seal.
- 4 Bake in preheated oven for 10 minutes.
- 5 While filling is baking, make Streusel Topping: in a medium bowl combine 3/4 cup flour, 1/2 teaspoon cinnamon, brown sugar, oats, and lemon peel. Mix thoroughly, and then cut in 1/2 cup butter or margarine until mixture is crumbly. Remove filling from oven and sprinkle streusel on top.
- 6 Reduce heat to 375° F (190 degrees C). Bake an additional 30 to 35 minutes, until streusel is browned and apples are tender. Cover loosely with aluminum foil to prevent excess browning.

Servings: 8

### Nutrition Facts

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Nutrition (per serving): 441 calories, 20.4g total fat, 38mg cholesterol, 210mg sodium, 63.4g carbohydrates, 3.2g fiber, 3.5g protein.

### Source

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Web Page: <http://allrecipes.com>

## Scrumptious Apple Pie

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		<b>Pastry</b>	1/4	cup	all-purpose flour
2	cups	all-purpose flour	1/2	teaspoon	ground cinnamon
1	teaspoon	salt	1/2	teaspoon	ground nutmeg
2/3	cup	plus 2 tablespoons shortening	1/8	teaspoon	salt
4-6	tablespoons	cold water	8	cups	thinly sliced peeled tart apples (8 medium)
		<b>Filling</b>			
1/3 to 1/2	cup	sugar	2	tablespoons	butter or margarine

- 1 In medium bowl, mix 2 cups flour and 1 teaspoon salt. Cut in shortening, using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas. Sprinkle with cold water. 1 tablespoon at a time, tossing with fork until all flour is moistened and pastry almost cleans side of bowl (1 to 2 teaspoons more water can be added if necessary).
- 2 Gather pastry into a ball. Divide in half; shape into 2 flattened rounds on lightly floured surface. Wrap in plastic wrap; refrigerate about 45 minutes or until dough is firm and cold, yet pliable. This allows the shortening to become slightly firm, which helps make the baked pastry flakier. If refrigerated longer, let pastry soften slightly before rolling.
- 3 Heat oven to 425°F. With floured rolling pin, roll one pastry round into round 2 inches larger than upside-down 9 inch glass pie plate. Fold pastry into fourths; place in pie plate. Unfold and ease into plate, pressing firmly against bottom and side.
- 4 In large bowl, mix sugar, 1/4 cup flour, the cinnamon, nutmeg and 1/8 teaspoon salt. Stir in apples until well mixed. Spoon into pastry-lined pie plate. Cut butter into small pieces; sprinkle over filling. Trim overhanging edge of pastry 1/2 inch from rim of plate.
- 5 Roll other round of pastry into 10-inch round. Fold into fourths and cut slits so steam can escape. Unfold top pastry over filling; trim overhanging edge 1 inch from rim of plate. Fold and roll top edge under lower edge, pressing on rim to seal; flute as desired. Cover edge with 2-3 inch strip of foil to prevent excess browning.



6 Bake 40 to 50 minutes or until crust is brown and juice begins to bubble through slits in crust, removing foil for last 15 minutes of baking. Serve warm if desired.

Servings: 8

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### Cooking Times

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Preparation Time: 45 minutes

Total Time: 2 hours and 20 minutes

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### Nutrition Facts

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Nutrition (per serving): 480 calories, 29g total fat, 6g saturated, 330mg sodium, 51g carbohydrates, 3g fiber, 4g protein.

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### Source

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Web Page: <http://www.bettycrocker.com>

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## Apple Slaw

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	<b>Salad</b>		3	tablespoons	sugar
4	cups	coleslaw mix (from 16 oz bag)	1/4	teaspoon	salt
1/4	cup	sliced green onions (4 medium)	1/4	teaspoon	apple pie spice
2	medium	Granny Smith apples cubed	3	tablespoons	cider vinegar
	<b>Dressing</b>		2	tablespoons	vegetable oil

- 1 In large bowl, toss salad ingredients to mix.
- 2 In small bowl, mix dressing ingredients until well blended. Pour dressing over salad; toss gently to coat. Serve immediately, or refrigerate until serving time.
- 3 Makes 10 servings (1/2 cup each)

Servings: 10

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### Cooking Times

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Preparation Time: 15 minutes

Total Time: 15 minutes

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### Nutrition Facts

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Nutrition (per serving): 70 calories, 3g total fat, 65mg sodium, 10g carbohydrates, 1g fiber, 8g sugar.

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### Source

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Web Page: <http://www.bettycrocker.com>

## Crunchy Apple Salad

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6	tablespoons	fat-free sugar-free vanilla yogurt	1	large	Granny Smith apple diced
6	tablespoons	reduced-fat whipped topping	1/4	cup	dried cranberries
1/4	teaspoon	plus 1/8 teaspoon ground cinnamon, divided	2	tablespoons	chopped walnuts
2	medium	red apples, chopped			

In a large bowl, combine the yogurt, whipped topping and 1/4 teaspoon cinnamon. Add apples and cranberries; toss to coat. Refrigerate until serving. Sprinkle with walnuts and remaining cinnamon before serving. Yield: 5 servings.

Servings: 5

### Cooking Times

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Preparation Time: 15 minutes

### Nutrition Facts

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Nutrition (per serving): 109 calories, 3g total fat, 1g saturated fat, 12mg sodium, 22g carbohydrates, 3g fiber, 2g protein.

### Source

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Web Page: <http://www.tasteofhome.com>

## Cranberry Apple Salad

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		<b>Dressing</b>	2	teaspoons	lemon juice
2/3	cup	sour cream	1/2	cup	sweetened dried cranberries
1/3	cup	mayonnaise	1/2	cup	seedless green grapes, halved
		<b>Salad</b>	1/2	cup	chopped walnuts
2	medium	(2 cups) apples, cubed 1/2 inch	1	rib	(1/2 cup) celery, chopped

- 1 Combine sour cream and mayonnaise in small bowl; set aside.
- 2 Place apples and lemon juice in large bowl; gently toss. Add all remaining salad ingredients. Add dressing; toss to coat. Cover; refrigerate 1 hour before serving.

Servings: 8

### Cooking Times

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Preparation Time: 15 minutes

Total Time: 1 hour and 15 minutes

### Nutrition Facts

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Nutrition (per serving): 220 calories, 16g total fat, 15mg cholesterol, 70mg sodium, 17g carbohydrates, 2g fiber, 2g protein.

### Source

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Web Page: <http://www.landolakes.com>

## Autumn Fruit Tart

		<b>Crust</b>			
1 1/4	cups	crushed vanilla wafer cookies	1	tablespoon	brandy or apple juice, if desired
1/2	cup	finely chopped hazelnuts	1 1/2	teaspoons	ground cinnamon
1/4	cup	butter, melted	1/2	cup	chopped hazelnuts
		<b>Filling</b>	1/2	cup	chopped dried apricots
1/2	cup	sugar	1	medium	(1 cup) apple, peeled, chopped
1/2	cup	light corn syrup			<b>Topping</b>
3		eggs	1/2	cup	whipping cream, whipped
2	tablespoons	all-purpose flour	1	tablespoon	powdered sugar
2	tablespoons	butter, melted	1/8	teaspoon	ground cinnamon

- 1 Heat oven to 350°F. Stir together all crust ingredients in small bowl. Press onto bottom and up sides of greased 9-inch tart pan with removable bottom. Bake 8 minutes.
- 2 Combine sugar, corn syrup, eggs, flour, 2 tablespoons melted butter, brandy and 1 1/2 teaspoons cinnamon in medium bowl; mix well. Stir in hazelnuts, apricots and apple. Spoon mixture into crust. Bake for 40 to 50 minutes or until deep golden brown. Cool 15 minutes. Remove side of pan.
- 3 Combine all topping ingredients in small bowl. Beat at high speed until stiff peaks form. Serve with tart.

Servings: 10

### Cooking Times

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Preparation Time: 15 minutes

Total Time: 1 hour and 20 minutes

### Nutrition Facts

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Nutrition (per serving): 330 calories, 19g total fat, 95mg cholesterol, 125mg sodium, 38g carbohydrates, 2g fiber, 5g protein.

### Source

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Web Page: <http://www.landolakes.com>

## Apple Tuna Sandwiches

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1/3	cup	fat-free mayonnaise	1	teaspoon	sugar
1/4	cup	finely chopped celery	1	pouch	(7.1 ounces) light water-packed tuna
1/4	cup	finely chopped walnuts	1/2	cup	chopped red apple
2	tablespoons	finely chopped onion	6	slices	reduced-calorie bread, toasted
1	tablespoon	sweet pickle relish	6		lettuce leaves

In a large bowl, combine the first six ingredients; stir in tuna and apple. Spread 1/2 cup tuna mixture on three slices of bread. Top with lettuce and remaining bread. Yield: 3 servings.

Servings: 3

### Cooking Times

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Preparation Time: 15 minutes

### Nutrition Facts

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Nutrition (per serving): 286 calories, 8g total fat, 1g saturated, 23mg cholesterol, 704mg sodium, 33g carbohydrates, 7g fiber, 24g protein.

### Source

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Web Page: <http://www.tasteofhome.com>

## Slow Cooker Spiced Cranberry-Apple Cider

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1/3 cup packed brown sugar  
2 teaspoons whole allspice  
4 sticks cinnamon (3 inch)  
1 bottle (48 oz) apple cider (6 cups)  
1 bottle (48 oz) cranberry juice cocktail (6 cups)

- 1 In 4-5 quart slow cooker, mix all ingredients.
- 2 Cover; cook on low heat setting 4-6 hours. Before serving, remove allspice and cinnamon.
- 3 Makes 24 servings (1/2 cup each)

Servings: 24

### Cooking Times

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Preparation Time: 5 minutes  
Total Time: 4 hours and 5 minutes

### Nutrition Facts

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Nutrition (per serving): 80 calories, 19g carbohydrates, 17g sugar.

### Source

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Web Page: <http://www.bettycrocker.com>

## Apple Ice Cream

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1/2 cup sugar  
1 cup milk  
1/4 teaspoon salt  
3 egg yolks, beaten  
2 cups whipping (heavy) cream  
1 teaspoon vanilla  
red or green food color, if desired  
3 medium eating apples, peeled, cored and cut up  
1/2 cup sugar  
1 tablespoon lemon juice

- 1 Mix 1/2 cup sugar, the milk, salt and egg yolks in 1-quart saucepan. Cook over medium heat, stirring constantly; just to boiling (do not boil). Refrigerate uncovered in chilled bowl 1 hour to 1 hour 30 minutes or until room temperature.
- 2 Stir whipping cream, vanilla and 3-4 drops food color into milk mixture.
- 3 Place half of the apples, 1/2 cup sugar and the lemon juice in food processor blender. Cover and process, using quick on-and-off motions, until coarsely chopped. Add remaining apples. Cover and process until finely chopped but not mashed.
- 4 Stir apple mixture into milk mixture. Pour into 2-quart ice-cream freezer. Freeze according to manufacturer's directions.

Servings: 12

### Cooking Times

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Preparation Time: 20 minutes  
Total Time: 1 hour and 50 minutes

### Nutrition Facts

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Nutrition (per serving): 225 calories, 14g total fat, 9g saturated fat, 100mg cholesterol, 75mg sodium, 24g carbohydrates, 1g fiber, 2g protein.

### Source

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Web Page: <http://www.bettycrocker.com>

## Sautéed Apples

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1/4 cup	butter	1/2 cup	cold water
4 large	tart apples - peeled, cored and sliced 1/4 inch thick	1/2 cup	brown sugar
2 teaspoons	cornstarch	1/2 teaspoon	ground cinnamon

- 1 In a large skillet or saucepan, melt butter over medium heat; add apples. Cook, stirring constantly, until apples are almost tender, about 6-7 minutes.
- 2 Dissolve cornstarch in water; add to skillet. Stir in brown sugar and cinnamon. Boil for 2 minutes, stirring occasionally. Remove from heat and serve warm.

Servings: 8

### Cooking Times

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Preparation Time: 5 minutes

Cooking Time: 15 minutes

Total Time: 20 minutes

### Nutrition Facts

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Nutrition (per serving): 143 calories, 5.9g total fat, 15mg cholesterol, 45mg sodium, 24.3g carbohydrates, 2.6g fiber, <1g protein.

### Source

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Web Page: <http://allrecipes.com>

## Apple Butter

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12 medium	Granny Smith or other cooking apples (4 lb), peeled and cut into fourths	1 tablespoon	lemon juice
1 1/2 cups	packed brown sugar	1 teaspoon	ground allspice
1/2 cup	apple juice	1 teaspoon	ground nutmeg
1 tablespoon	ground cinnamon	1/2 teaspoon	ground cloves

- 1 Mix all ingredients in 5-6 quart slow cooker.
- 2 Cover and cook on low heat setting 8-10 hours or until apples are very tender.
- 3 Mash apples with potato masher or large fork.
- 4 Cook uncovered on low heat setting 1-2 hours, stirring occasionally, until mixture is very thick. Cool about 2 hours.
- 5 Spoon apple butter into container. Cover and store in refrigerator up to 3 weeks.
- 6 Makes 4 cups apple butter.

Servings: 4

### Cooking Times

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Preparation Time: 30 minutes

Total Time: 2 hours and 30 minutes

### Nutrition Facts

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Nutrition (per serving): 30 calories, 9g carbohydrates, 1g fiber.

### Source

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Web Page: <http://www.bettycrocker.com>

## Pecan Apple Pancakes

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2	cups	all-purpose flour	1/2	teaspoon	ground mace
1	cup	sugar	1/2	teaspoon	ground cloves
2	teaspoons	baking powder	2		eggs
1	teaspoon	baking soda	1 3/4	cups	buttermilk
1	teaspoon	ground cinnamon	3	tablespoons	canola oil
1/2	teaspoon	salt	1 3/4	cups	shredded peeled apples
1/2	teaspoon	ground ginger	1/2	cup	chopped pecans

- 1 In a large bowl, combine the first nine ingredients. In another bowl, combine the eggs, buttermilk and oil; stir into dry ingredients just until blended. Stir in apples and pecans.
- 2 Pour batter by 1/4 cupfuls onto a greased griddle over medium-low heat. Turn when bubbles form on top cook until second side is golden brown. Yield: 1 1/2 dozen.

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 10 minutes

### Nutrition Facts

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Nutrition (per serving): 323 calories, 11g total fat, 49mg cholesterol, 425mg sodium, 50g carbohydrates, 2g fiber, 7g protein.

### Source

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Web Page: <http://www.tasteofhome.com>

## Spiced Apples

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8		Granny Smith apples	1	teaspoon	lemon juice
2	tablespoons	white sugar	1/4	cup	cinnamon red hot candies

- 1 Peel, core, and slice apples.
- 2 Place all ingredients in microwave-safe bowl. Microwave on high for 15 minutes, stirring each 5 minutes.
- 3 Cover with plastic wrap and let cool or serve warm.

Servings: 8

### Nutrition Facts

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Nutrition (per serving): 110 calories, <1g total fat, 4mg sodium, 28.8g carbohydrates, 3.3g fiber, <1g protein.

### Source

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Web Page: <http://allrecipes.com>

## Buttery Apple Cake

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1	cup	butter, softened	1/2	cup	milk
1	cup	sugar	4	medium	(4 cups) apples, peeled, cored, thinly sliced
2		eggs	1	tablespoon	lemon juice
2	teaspoons	vanilla			<b>Topping</b>
1	teaspoon	almond extract	1/4	cup	sugar
1 3/4	cups	all-purpose flour	3/4	teaspoon	ground cinnamon
1 1/2	teaspoons	baking powder	2	tablespoons	butter, melted
1/2	teaspoon	salt			

- 1 Heat oven to 350°F. Butter 10 inch springform pan or spray with no-stick cooking spray; set aside.
- 2 Combine 1 cup butter and 1 cup sugar in large bowl; beat at medium speed, scraping bowl often, until creamy and light in color. Add 1 egg at a time, beating well after each addition. Add vanilla and almond extract; continue beating until well mixed.
- 3 Combine flour, baking powder and salt in medium bowl. Add flour mixture alternately with milk to butter mixture, beating well after each addition. Spread batter into prepared pan
- 4 Combine apple slices and lemon juice in medium bowl; sprinkle mixture over apple slices. Drizzle with melted butter.
- 5 Combine 1/4 cup sugar and cinnamon in small bowl; sprinkle mixture over apple slices. Drizzle with melted butter.
- 6 Bake for 60 to 75 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes on cooling rack. Loosen sides of cake by running knife around inside edge of pan. Remove sides of pan. Serve warm or at room temperature.

Servings: 12

### Cooking Times

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Preparation Time: 30 minutes

Total Time: 1 hour and 40 minutes

### Nutrition Facts

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Nutrition (per serving): 340 calories, 18g total fat, 80mg cholesterol, 310mg sodium, 42g carbohydrates, 2g fiber, 4g protein.

### Source

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Web Page: <http://www.landolakes.com>

## Apple Cookie Cake

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1/3	cup	butter	1/2	teaspoon	ground ginger
1	cup	all-purpose flour	2		eggs
1/3	cup	sugar	2	medium	(2 cups) red skin apples, unpeeled, chopped
2	tablespoons	chopped crystallized ginger	2	tablespoons	firmly packed brown sugar
		<b>Filling</b>			<b>Topping</b>
2/3	cup	sugar	1	cup	whipping cream
1/4	cup	all-purpose flour	2	tablespoons	firmly packed brown sugar
3/4	teaspoon	baking powder	1/4	teaspoon	ground cinnamon
1/2	teaspoon	ground cinnamon			

- 1 Heat oven to 350°F. Melt butter in 2-quart saucepan over medium-low heat. Continue cooking, stirring constantly and watching closely, until butter just starts to turn golden (3 to 5 minutes). Immediately remove from heat. Add 1 cup flour, 1/3 cup sugar and crystallized ginger; mix well. Spread onto bottom of ungreased 8-inch square baking pan.
- 2 Combine 2/3 cup sugar, 1/4 cup flour, baking powder, 1/2 teaspoon cinnamon and ground ginger in large bowl. Stir in eggs until smooth. Stir in apples; pour over crust. Sprinkle 2 tablespoons brown sugar evenly over filling.

- 3 Bake for 40 to 45 minutes or until toothpick inserted in center comes out clean and top is golden brown. Cool at least 30 minutes before cutting.
- 4 Combine all topping ingredients in small bowl. Beat at high speed until soft peaks form. Dollop each serving with sweetened whipped cream.

Servings: 9

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### Cooking Times

Preparation Time: 20 minutes  
 Total Time: 1 hour and 30 minutes

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### Nutrition Facts

Nutrition (per serving): 340 calories, 13g total fat, 85mg cholesterol, 120mg sodium, 54g carbohydrates, 1g fiber, 4g protein.

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### Source

Web Page: <http://www.landolakes.com>

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## Applesauce Spice Cake

<b>Cake</b>			<b>Frosting Ingredients:</b>		
2	cups	all-purpose flour	1/2	teaspoon	salt
2	cups	sugar	1/4	teaspoon	ground allspice
1 1/2	cups	applesauce	3/4	cup	golden raisins or raisins
1/2	cup	butter, softened	1/2	cup	chopped pecans
2		eggs			
1 1/2	teaspoons	baking soda	1/3	cup	butter
1 1/2	teaspoons	ground cinnamon	3	cups	powdered sugar
1	teaspoon	vanilla	1 1/2	teaspoons	vanilla
1/2	teaspoon	baking powder	2-3	tablespoon	milk
			1/4	cup	chopped pecans

- 1 Heat oven to 350°F. Combine all cake ingredients except raisins and pecans in large mixer bowl. Beat at low speed, scraping bowl often, until ingredients are moistened. Beat at high speed, scraping bowl often, until smooth (3 to 4 minutes). Stir in raisins and 1/2 cup pecans by hand.
- 2 Pour into greased and floured 13x9 inch baking pan. Bake for 35-40 minutes or until center is firm to the touch and edges begin to pull away from sides of pan. Cool completely.
- 3 Melt 1/3 cup butter in 1-quart saucepan over medium heat, stirring constantly, until very lightly browned (6 to 8 minutes).
- 4 Combine browned butter, powdered sugar and 1 1/2 teaspoons vanilla in small mixer bowl. Beat at medium speed, gradually adding milk and scraping bowl often, until frosting is smooth and spreadable (1 to 2 minutes). Frost cooled cake. Sprinkle with 1/4 cup pecans.

Servings: 15

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### Cooking Times

Preparation Time: 40 minutes  
 Total Time: 2 hours and 15 minutes

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### Nutrition Facts

Nutrition (per serving): 410 calories, 15g total fat, 55mg cholesterol, 310mg sodium, 70g carbohydrates, 2g fiber, 4g protein.

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### Source

Web Page: <http://www.landolakes.com>



## Applesauce Spice Bars

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		<b>Bars</b>			
1	cup	sugar	1/4	teaspoon	salt
1/3	cup	softened butter	1/2	cup	raisins
1		egg			<b>Frosting Ingredients:</b>
1 1/2	cups	all-purpose flour	3	cups	powdered sugar
1 1/2	cups	applesauce	1/3	cup	sour cream
1	teaspoon	ground allspice	3	tablespoons	butter, softened
1	teaspoon	ground cinnamon	1	tablespoon	vanilla
3/4	teaspoon	baking soda	1/2	cup	chopped pecans

- 1 Heat oven to 350°F. Spray 13x9 inch baking pan with no-stick cooking spray. Set aside.
- 2 Combine sugar, 1/3 cup butter and egg in large bowl. Beat at medium speed, scraping bowl often, until creamy. Reduce speed to low; add all remaining ingredients except raisins. Beat, scraping bowl often, until well mixed. Stir in raisins.
- 3 Spoon batter into prepared pan. Bake for 25 to 35 minutes or until toothpick inserted in center comes out clean. Cool completely.
- 4 Combine all frosting ingredients except pecans in small bowl. Beat at medium speed, scraping bowl often, until smooth. Frost cooled bars; sprinkle with pecans. Cut into bars.

Servings: 48

### Cooking Times

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Preparation Time: 30 minutes

Total Time: 1 hour and 25 minutes

### Nutrition Facts

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Nutrition (per serving): 90 calories, 3g total fat, 20mg cholesterol, 50mg sodium, 30g carbohydrates, 1g protein.

### Source

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Web Page: <http://www.landolakes.com>

## Sour Cream Apple Bars

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		<b>Crust</b>			
1	cup	butter, softened	1/4	teaspoon	allspice
1	cup	firmly packed brown sugar			<b>Filling</b>
2	cups	uncooked quick-cooking oats	1	cup	sour cream
1	cup	all-purpose flour	3/4	cup	sugar
1	cup	chopped walnuts	2	tablespoons	all-purpose flour
1	teaspoon	baking soda	1		egg
1	teaspoon	ground cinnamon	2	medium	(2 cups) apples, unpeeled, shredded

- 1 Heat oven to 350°F. Combine butter and brown sugar in large bowl. Beat at medium speed until creamy. Add all remaining crust ingredients; continue beating until well mixed.
- 2 Press half of crust mixture onto bottom of ungreased 13x9 inch baking pan. Bake for 8 to 10 minutes or until light golden brown.
- 3 Meanwhile, combine all filling ingredients in large bowl, mix well. Pour filling over hot, partially baked crust. Crumble remaining crust mixture over filling and press down lightly.
- 4 Bake for 30 to 35 minutes or until top is golden brown and center is set. Cool completely. Cut into bars. Store refrigerated.

Servings: 32

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**Cooking Times**

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Preparation Time: 15 minutes  
Total Time: 1 hour and 15 minutes

**Nutrition Facts**

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Nutrition (per serving): 180 calories, 10g total fat, 25mg cholesterol, 95mg sodium, 20g carbohydrates, 1g fiber, 2g protein.

**Source**

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Web Page: <http://www.landolakes.com>

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**Apple Squares**

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1	cup	sifted all-purpose flour	1		egg
1	teaspoon	baking powder	1	teaspoon	vanilla extract
1/4	teaspoon	salt	1/2	cup	chopped apple
1/4	teaspoon	ground cinnamon	1/2	cup	finely chopped walnuts
1/4	cup	butter or margarine	2	tablespoons	white sugar
1/2	cup	packed brown sugar	2	teaspoons	ground cinnamon
1/2	cup	white sugar			

- 1 Preheat oven to 350 degrees F (175 degrees C). Grease a 9x9 inch pan. Sift together flour, baking powder, salt, and 1/4 teaspoon of cinnamon; set aside.
- 2 In a large bowl, mix together melted butter, brown sugar, and 1/2 cup of white sugar with a wooden spoon until smooth. Stir in the egg and vanilla. Blend in the flour mixture until just combined, and then stir in the apples and walnuts. Spread the mixture evenly into the prepared pan. In a cup or small bowl, stir together the remaining cinnamon and sugar; sprinkle over the top of the bars.
- 3 Bake for 25 to 30 minutes in preheated oven; finished bars should spring back when lightly touched. Cool in the pan, and cut into squares.

Servings: 16

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**Cooking Times**

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Preparation Time: 25 minutes  
Cooking Time: 30 minutes  
Total Time: 55 minutes

**Nutrition Facts**

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Nutrition (per serving): 119 calories, 3.3g total fat, 21mg cholesterol, 94mg sodium, 21.6g carbohydrates, <1g fiber, 1.3g protein.

**Source**

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Web Page: <http://allrecipes.com>

## Chewy Apple Oatmeal Cookies

1	cup	butter, softened	2	teaspoons	ground cinnamon
1	cup	packed brown sugar	1	teaspoon	baking soda
1/2	cup	sugar	1/4	teaspoon	salt
2		eggs	3	cups	old-fashioned oats
1	teaspoon	vanilla extract	1/2	cup	chopped dried apples
1 1/2	cups	all-purpose flour			

- 1 In a large bowl, cream butter and sugars until light and fluffy. Beat in eggs and vanilla. Combine the flour, cinnamon, baking soda and salt; gradually add to creamed mixture and mix well. Stir in oats and apples.
- 2 Drop by rounded tablespoonfuls 2 in. apart onto ungreased baking sheets. Bake at 350° for 10-12 minutes or until golden brown. Let stand for 1 minute before removing to wire racks. Yield: 4 dozen

Servings: 48

### Cooking Times

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Preparation Time: 20 minutes

Total Time: 10 minutes

### Nutrition Facts

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Nutrition (per serving): 93 calories, 4g total fat, 2g saturated fat, 18mg cholesterol, 67mg sodium, 13g carbohydrates, 1g fiber, 1g protein.

### Source

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Web Page: <http://www.tasteofhome.com>

## Apple Cranberry Crisp

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6	medium	(6 cups) apples, peeled, cored, sliced	1	teaspoon	ground cinnamon
1/2	cup	sweetened dried cranberries	1	teaspoon	ground ginger
1/4	cup	sugar	1/2	cup	cold butter, cut into chunks
1/2	cup	all-purpose flour	1/2	cup	honey-roasted sliced almonds
1/2	cup	uncooked old-fashioned oats			vanilla ice cream, if desired
1	teaspoon	firmly packed brown sugar			

- 1 Heat oven to 375°F. Combine apples, cranberries and sugar in large bowl; mix well. Place mixture into ungreased 9-inch square (2-quart) baking dish.
- 2 Combine flour, oats, brown sugar, cinnamon and ginger in medium bowl; cut in butter with pastry blender or fork until mixture resembles coarse crumbs. Stir in sliced almonds. Sprinkle mixture over apples. Bake for 25-35 minutes or until apples are tender and topping is golden brown.
- 3 Serve warm with ice cream, if desired.

Servings: 6

### Cooking Times

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Preparation Time: 20 minutes

Total Time: 45 minutes

### Nutrition Facts

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Nutrition (per serving): 470 calories, 22g total fat, 40mg cholesterol, 150mg sodium, 68g carbohydrates, 5g protein.

### Source

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Web Page: <http://www.landolankes.com>

## Apple Cobbler

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7-8	large	tart cooking apples (9 cups), peeled, cored, sliced 1/4 inch	2		eggs
			2	teaspoons	baking powder
3/4	cup	sugar	3/4	teaspoon	salt
3/4	teaspoon	ground cinnamon	1/2	cup	butter, melted
2	cups	all-purpose flour			ice cream, if desired
2	cups	sugar			

- 1 Heat oven to 350°F. Place sliced apples in ungreased 13x9 inch baking pan.
- 2 Stir together 3/4 cup sugar and 1/2 teaspoon cinnamon in small bowl; sprinkle over apples.
- 3 Combine remaining cinnamon, flour, sugar, eggs, baking powder and salt in large bowl. Beat at medium speed until mixture resembles coarse crumbs. Sprinkle over apples. Pour melted butter over topping. Bake for 40 to 50 minutes or until lightly browned and apples are tender. Serve warm with ice cream, if desired.

Servings: 12

### Cooking Times

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Preparation Time: 20 minutes

Total Time: 1 hour

### Nutrition Facts

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Nutrition (per serving): 400 calories, 9g total fat, 55mg cholesterol, 320mg sodium, 79g carbohydrates, 2g fiber, 4g protein.

### Tips

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To reheat, place one serving in microwave safe bowl. Microwave on HIGH (100% power) until heated through (30 to 45 seconds).

### Source

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Web Page: <http://www.landolakes.com>

## Apple-of-Your-Eye Cheesecake

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		<b>Ingredients</b>	3/4	teaspoon	vanilla extract
1	cup	graham cracker crumbs (about 16 squares)			<b>Topping</b>
3	tablespoons	sugar	2 1/2	cups	chopped peeled apples
2	tablespoons	finely chopped pecans	1	tablespoon	lemon juice
1/2	teaspoon	ground cinnamon	1/4	cup	sugar
1/4	cup	butter, melted	1/2	teaspoon	ground cinnamon
		<b>Filling</b>	6	tablespoons	caramel ice cream topping, divided
3	packages	(8 ounces each) cream cheese, softened			Sweetened whipped cream
3/4	cup	sugar	2	tablespoons	chopped pecans
3		eggs, lightly beaten			

- 1 In a large bowl, combine the crackers, sugar, pecans and cinnamon; stir in butter. Press onto the bottom of a lightly greased 9-inch springform pan. Place pan on a baking sheet. Bake at 350° for 10 minutes. Place pan on a wire rack.
- 2 In a large bowl, beat cream cheese and sugar until smooth. Add eggs; beat on low speed just until combined. Stir in vanilla. Pour over crust. Toss apples with lemon juice, sugar and cinnamon; spoon over filling. Return pan to baking sheet.
- 3 Bake for 55-60 minutes or until center is almost set. Cool on a wire rack for 10 minutes. Carefully run a knife

- around edge of pan to loosen. Drizzle with 4 tablespoons caramel topping. Cool for 1 hour. Chill overnight.
- Just before serving, garnish with whipped cream. Drizzle with remaining caramel; sprinkle with pecans. Store in refrigerator. Yield: 12 servings.

Servings: 12

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### Cooking Times

Preparation Time: 30 minutes  
 Bake Time: 55 minutes

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### Nutrition Facts

Nutrition (per serving): 282 calories, 14g total fat, 7g saturated fat, 84mg cholesterol, 189mg sodium, 37g carbohydrates, 1g fiber, 4g protein.

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### Source

Source: <http://www.tasteofhome.com>

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## Apple-Raisin Bread Pudding

		Ingredients			Vanilla Sauce
3	tablespoons	butter, melted	2/3	cup	sugar
1	loaf	(1 pound) day-old cinnamon-raisin bread, cubed	1	tablespoon	cornstarch
3	cups	chopped peeled tart apples	1/8	teaspoon	salt
7		eggs	1	cup	cold water
2 1/2	cups	2% milk	1	tablespoon	butter
3/4	cup	sugar	1	teaspoon	vanilla extract
3	teaspoons	vanilla extract			

- Pour butter into a 13 in x 9 in baking dish. Combine bread cubes and apples; sprinkle over butter. In a large bowl, whisk the eggs, milk, sugar and vanilla. Pour over bread.
- Bake, uncovered, at 325° for 40-45 minutes or until a knife inserted near the center comes out clean.
- In a small saucepan, combine the sugar, cornstarch, salt and water until smooth. Bring to a boil over low heat, stirring constantly. Cook and stir for 1-2 minutes or until thickened. Remove from the heat; stir in butter and vanilla. Serve with warm bread pudding. Yield: 12 servings (1 1/4 cups sauce).

Servings: 12

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### Cooking Times

Preparation Time: 20 minutes  
 Cooking Time: 40 minutes

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### Nutrition Facts

Nutrition (per serving): 294 calories, 9g total fat, 4g saturated fat, 138mg cholesterol, 191mg sodium, 47g carbohydrates, 3g fiber, 9g protein.

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### Source

Web Page: <http://www.tasteofhome.com>

## Apple Zucchini Bread

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4	cups	all-purpose flour	2	cups	sugar
1	tablespoon	baking soda	1	cup	packed brown sugar
1 1/2	teaspoons	ground cinnamon	1	tablespoon	vanilla extract
1/2	teaspoon	ground nutmeg	2	cups	shredded unpeeled zucchini
1/4	teaspoon	salt	1	cup	shredded peeled apples
5		eggs	1 1/2	cups	chopped pecans
1 1/2	cups	vegetable oil			

In a large bowl, combine flour, baking soda, cinnamon, nutmeg and salt. In another bowl, beat eggs. Add oil, sugars and vanilla. Pour over dry ingredients; mix well. Stir in zucchini, apples and pecans (batter will be stiff). Spoon into three greased 8 in x 4 in loaf pans. Bake at 350° for 50-55 minutes or until done. Cool in pans for 10 minutes before removing to a wire rack to cool completely. Yield: 3 loaves.

Servings: 48

### Cooking Times

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Preparation Time: 15 minutes

Cooking Time: 50 minutes

### Nutrition Facts

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Nutrition (per serving): 185 calories, 10g total fat, 1g saturated fat, 22mg cholesterol, 100mg sodium, 22g carbohydrates, 1g fiber, 2g protein.

### Source

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Web Page: <http://www.tasteofhome.com>

## Apple Nut Coffee Cake

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2	cups	all-purpose flour	1	teaspoon	vanilla
1	cup	sugar	1/4	teaspoon	salt
1/2	cup	sour cream	2	medium	(2 cups) cooking apples, peeled, chopped**
1/2	cup	butter, softened			<b>Topping</b>
1/4	cup	milk			
2		eggs	1/2	cup	chopped walnuts or pecans
1	teaspoon	baking powder	1/2	cup	firmly packed brown sugar
1	teaspoon	baking soda	2	tablespoons	butter, melted
			1	teaspoon	ground cinnamon

- 1 Heat oven to 350°F. Combine all cake ingredients except apples in large bowl. Beat at medium speed, scraping bowl often, until smooth. Gently stir in apples.
- 2 Spread batter into greased 13x9 inch baking pan. Combine all topping ingredients in small bowl; sprinkle over batter.
- 3 Bake for 30-35 minutes or until toothpick inserted in center comes out clean.
- 4 \*\*Substitute 1 (16 ounce) can peaches, drained, chopped

Servings: 15

### Cooking Times

---

Preparation Time: 20 minutes

Total Time: 50 minutes

### Nutrition Facts

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Nutrition (per serving): 270 calories, 13g total fat, 55mg cholesterol, 250mg sodium, 37g carbohydrates, 1g fiber, 4g protein.

### Source

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Web Page: <http://www.landolakes.com>

## Apple Muffins

---

1 1/2 cup	all-purpose flour	2	eggs
1 1/2 teaspoons	baking powder	2	teaspoons freshly grated lemon zest
1/2 teaspoon	salt	1	medium (1 cup) apple, cored, peeled, finely chopped
1/2 teaspoon	ground cinnamon		<b>Topping</b>
3/4 cup	sugar	1/4 cup	sugar
1/3 cup	butter, softened	1/4 cup	sliced almonds

- 1 Heat oven to 375°F. Stir together flour, baking powder, salt and cinnamon in medium bowl. Set aside.
- 2 Combine sugar and butter in large bowl. Beat at medium speed, scraping bowl often, until creamy. Stir in eggs and lemon zest. Continue beating, scraping bowl often, until well mixed. Stir in flour mixture just until moistened. Gently stir in apples. Spoon into greased or paper-lined muffin pan.
- 3 Sprinkle sugar and almonds evenly on top of each muffin. Bake for 18-22 minutes or until lightly browned. Let stand 5 minutes; remove from pans.

Servings: 12

### Cooking Times

---

Preparation Time: 20 minutes

Total Time: 50 minutes

### Nutrition Facts

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Nutrition (per serving): 200 calories, 7g total fat, 50mg cholesterol, 210mg sodium, 31g carbohydrates, 1g fiber, 3g protein.

### Source

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Web Page: <http://www.landolakes.com>

## Apple Crostata with Caramel Sauce

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1 1/4 cups	all-purpose flour	1/2 cup	sugar
2 tablespoons	sugar	3 tablespoons	all-purpose flour
1/4 teaspoon	salt	4 cups	chopped peeled apples (4 medium)
1/2 cup	firm butter or margarine, cut into 1/2 inch pieces	1 tablespoon	sugar
3 tablespoons	cold water	1/2 teaspoon	ground cinnamon
1/4 teaspoon	vanilla	1 cup	caramel topping

Filling and Topping

- 1 In medium bowl, mix 1 1/4 cups flour, 2 tablespoons sugar and the salt. Cut in butter using pastry blender (or pulling 2 table knives through ingredients in opposite directions), until particles are size of small peas. In small bowl, mix water and vanilla; sprinkle over flour mixture, 1 tablespoon at a time. Tossing with fork until all flour is moistened and dough almost cleans side of bowl (up to 1 tablespoon more water can be added if necessary).
- 2 Gather dough into a ball; shape into flattened 5-inch round on lightly floured surface. Wrap in plastic wrap; refrigerate about 30 minutes or until firm.
- 3 Heat oven to 400°F. With floured rolling pin, roll pastry into 12-inch round. Place on ungreased large cookie sheet.

- 4 In large bowl, mix 1/2 cup sugar and 3 tablespoons flour. Stir in apples until coated. Mound apple mixture on center of dough round to within 2 inches of edge. Fold edge of dough over apple mixture; crimp edge of dough slightly. In small bowl, mix 1 tablespoon sugar and the cinnamon; sprinkle over apples and dough.
- 5 Bake 27 to 32 minutes or until crust is golden brown. Cut into wedges. Serve warm drizzled with caramel topping.

Servings: 8

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### Cooking Times

Preparation Time: 20 minutes  
 Total Time: 1 hour and 25 minutes

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### Nutrition Facts

Nutrition (per serving): 405 calories, 12g total fat, 7 g saturated fat, 30mg cholesterol, 290mg sodium, 71g carbohydrates, 2g fiber, 3g protein.

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### Source

Web Page: <http://www.bettycrocker.com>

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## Autumn Apple Salad

- |     |         |   |          |     |                 |
|-----|---------|---|----------|-----|-----------------|
| 1   | can     | (20 ounces) crushed pineapple,<br>undrained | 1/2 to 1 | cup | chopped nuts    |
|     |         |   | 1        | cup | chopped celery  |
| 2/3 | cup     | sugar                                       | 1        | cup | whipped topping |
| 1   | package | (3 ounces) lemon gelatin                    |          |     | Lettuce leaves  |
| 1   | package | (8 ounces) cream cheese, softened           |          |     |                 |
| 1   | cup     | diced unpeeled apples                       |          |     |                 |

- 1 In a saucepan, combine pineapple and sugar; bring to a boil and boil for 3 minutes. Add gelatin; stir until dissolved. Add cream cheese; stir until mixture is thoroughly combined. Cool.
- 2 Fold in apples, nuts, celery and whipped topping. Pour into a 9-in square baking pan. Refrigerate until firm. Cut into squares and serve on lettuce leaves. Yield: 9-12 servings.

Servings: 9

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### Cooking Times

Preparation Time: 20 minutes

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### Nutrition Facts

Nutrition (per serving): 219 calories, 11g total fat, 5g saturated fat, 21mg cholesterol, 81mg sodium, 29g carbohydrates, 1g fiber, 4g protein.

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### Source

Web Page: <http://www.tasteofhome.com>

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## Apple Crumble Pie

- |     |          |  |     |             |                   |
|-----|----------|--|-----|-------------|-------------------|
| 1   | 9 inch   | deep dish pie crust                      | 1/3 | cup         | white sugar       |
| 5   | cups     | apples - peeled, cored and thinly sliced | 3/4 | cup         | all-purpose flour |
| 1/2 | cup      | white sugar                              | 6   | tablespoons | butter            |
| 3/4 | teaspoon | ground cinnamon                          |     |             |                   |

- 1 Preheat oven to 400 degrees F (200 degrees C.) Arrange apple slices in unbaked pie shell. Mix 1/2 cup sugar and cinnamon; sprinkle over apples.
- 2 Mix 1/3 cup sugar with flour; cut in butter until crumbly. Spoon mixture over apples.
- 3 Bake in preheated oven for 35 to 40 minutes, or until apples are soft and top is lightly browned.



Servings: 8

### **Cooking Times**

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Preparation Time: 30 minutes

Cooking Time: 35 minutes

Total Time: 1 hour and 5 minutes

### **Nutrition Facts**

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Nutrition (per serving): 358 calories, 16.4g total fat, 23mg cholesterol, 210mg sodium, 52g carbohydrates, 2.5g fiber, 2.5g protein.