

Selection

- Select firm apples, free of bruises, blemishes and surface cuts.
- Wash your hands and apples before eating, cutting or cooking.
- Use only clean utensils and clean surfaces.

Handling

- Apples can absorb odors from other foods stored in the same area, keep apples in plastic bags.
- Plastic helps apples retain their moisture.
- Apples ripen six to ten times faster at room temperature than if refrigerated. If left on the counter for one or two days, they will lose their crunch.

Apple Facts

- Apples are one of the best sources of pectin, a type of fiber. Pectin limits the cholesterol the body absorbs.
- Apples are sweet and bulky yet have only 80 calories per medium apple.
- Apples are a natural toothbrush. Their crisp, fibrous texture cleans and freshens breath, teeth and gums.
- Apple seeds are poisonous so don't eat them.
- You can find fresh apples any time of the year, all over the country.

Serving Size

Adults

- 1 medium whole apple
- 1/2 cup cooked or canned
- 3/4 cup juice

Preschoolers

- 1 small whole apple
- 1/3 cup cooked or canned
- 1/2 cup juice



Preserving Apples

Freezing Apple Slices

- Select full-flavored apples that are crisp and firm. Wash, peel, core and slice into uniformly-sized pieces.
- Put sliced apples in a solution of ascorbic acid and water (1/2 teaspoon ascorbic acid per quart of water), or use a commercial antioxidant such as Fruit-Fresh. Let stand in solution for a few minutes until ready to pack. Drain thoroughly before freezing.

Containers: Pack sliced apples into freezer bags or rigid freezer containers. Measure into recipe-sized batches before freezing.

Making Applesauce

Select full-flavored apples. Wash, core and quarter or slice. Put apples in heavy saucepan or kettle. Add 1/3 cup water for each quart of apple slices. Cover and cook over low heat until soft. Stir frequently. To make chunky applesauce, add sugar at this point. For pureed applesauce, put cooked apples through food mill or sieve. Add sugar if desired.

To freeze applesauce:

Cook applesauce and pack in rigid plastic freezer containers, allowing 1/2 to 1-inch headspace. Freeze immediately. Thaw applesauce in refrigerator. Freeze applesauce for babies, put in an ice cube tray until frozen, then pack cubes in a freezer bag for storage.

To can applesauce:

Pour hot applesauce into clean, hot pint or quart jars, leaving 1/2 inch headspace. Adjust lids. Process in boiling water canner 20 minutes for pints and 25 minutes for quarts. (Alternative: Process at 10 pounds pressure in a weighted gauge canner for 10 minutes for pints or 6 pounds pressure in a dial gauge canner.)

Dehydration

Peel and core apples, cut into slices or rings about 1/8- inch thick. Dip apple rings into ascorbic acid mixture. Soak 3 to 5 minutes, drain and place on sprayed trays. Dehydrate 6-12 hours until soft and pliable with no moisture in center when cut. Store in plastic bags or canning jars and keep in dark place.

Juice and Cider

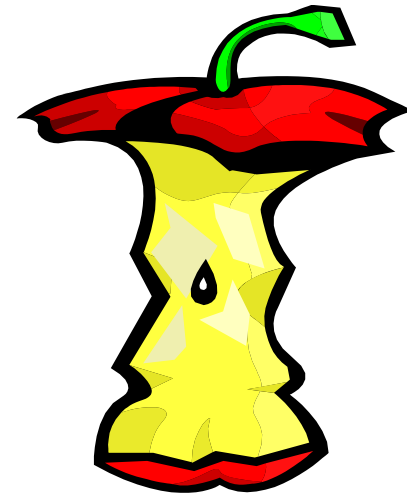
- If buying from a farmers' market or orchard, ask if the cider is pasteurized. Pasteurized juices are generally safe for everyone.
- Purchase unpasteurized juices only if refrigerated and keep refrigerated after purchase.
- Heat unpasteurized juices to boiling to make them safe for all to enjoy.



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Apple Recipes For Kids Of All Ages

Applesauce

114 calories, 0 fat per serving

- 1 medium apple
 - 4 Tablespoons pineapple juice
1. Peel, quarter and core apple.
 2. Cook with pineapple juice until soft.
 3. Blend until smooth with a fork.

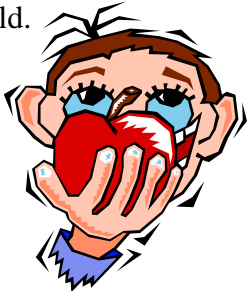
Apple Warm-ups

Makes 1 serving

(for children over 1 year)

114 calories, 0 fat per serving

- 1 apple
 - Dash of ground cinnamon
 - 1-2 teaspoons honey
1. Cut apple into 8 pieces, unpeeled. Remove core.
 2. Place the 8 pieces in a microwave-safe bowl. Drizzle with honey and sprinkle with cinnamon.
 3. Microwave on High for 2 minutes. If apple is still firm, microwave for 30-45 seconds more. Serve warm or cold.



Apple Boats

For children over age 4

1. Cut an apple in quarters; remove core.
2. Insert a toothpick, pretzel, or plastic straw for a mast.
3. Use a small slice of cheese (cut into a triangle) for the sail.



Apple Pinwheel

1. Core an apple.
2. Stuff the opening with peanut butter, cream cheese or cheese spread.
3. Chill. When ready to serve, slice the apple crosswise.

Almost- Instant Apple Oatmeal

- 1/2 cup diced apple (peeled)
- 2/3 cup water or apple juice
- 1/8 tsp. cinnamon
- 1/3 cup quick cooking oats
- 1 Tablespoon brown sugar (optional)

Stovetop:

1. Stir apple, juice or water and cinnamon together in a small pan.
2. Bring to a boil. Stir in oats and cook one minute.
3. Cover and let stand 2 minutes before serving.

Crunchy Apple Treasures

Makes 8 slices

47 calories, 3 grams of fat per slice

- 1 medium apple
- 3 Tablespoons peanut butter
- 3 Tablespoons crisp rice cereal

Cut apple into 8 slices. Combine peanut butter and cereal. Spread mixture on apple slices.

Apple Bars

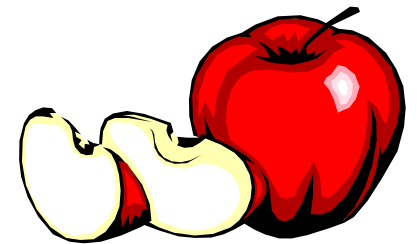
- 1 cup sifted flour
- 1/2 teaspoon salt
- 1/2 teaspoon soda
- 1/2 cup brown sugar
- 1 cup oatmeal
- 1/2 cup shortening
- 2 Tablespoons butter
- 2 1/2 cups sliced apples
- 1/4 cup sugar

1. Sift flour with salt and soda; add brown sugar; mix in oatmeal.
2. Cut in shortening until mixture is crumbly.
3. Spread half of the mixture in a greased 7' x 11' baking dish.
4. Dot with butter. Add apples and sprinkle with 1/4 cup sugar.
5. Cover with the remaining crumb mixture.
6. Bake at 350-degree oven for 40 to 45 minutes.
7. Cut into bars and serve cold as cookies or hot with lemon sauce.

Baked Apples Microwave Style

- 4 large, firm baking apples
- 4 Tablespoons white or brown sugar
- 1/4 teaspoon cinnamon and/or nutmeg
- Chopped nuts and/or raisins (optional)
- 2 teaspoons orange juice or water

1. Core (don't cut through bottom of apple) and peel **upper** half of apples.
2. Place 1 inch apart in microwave dish and fill centers with mixture of sugar, spices and nuts, etc.
3. Pour 1/2 teaspoon juice or water over filling mixture.
4. Cover loosely with microwave lid, microwave high for 7-10 minutes., rotating dish 180 degrees after 4 minutes.
6. Let stand, covered, for 27. minutes.



Apple Pancakes

1. Peel and core a large apple. Slice 1/8 to 1/4 inch thick.
2. Prepare your favorite pancake batter.
3. Pour 1 ladle of pancake batter on griddle; place 1 apple slice on top of batter; quickly pour 2nd ladle of batter on top of apple slice.
4. When brown, flip pancake over and brown other side.

Waldorf Salad

Makes 8 servings

173 calories, 14 grams fat per serving



- 1 cup diced celery
 - 3 medium apples, diced
 - 1/4 cup chopped walnuts or any nuts (optional)
 - 1/4 cup raisins (optional)
 - 1/2 cup mayonnaise or salad dressing
 - 1 Tablespoon lemon juice
- OR:
- 1/4 cup salad dressing and 1/4 cup vanilla or peach lowfat yogurt

Dice celery and apples. Combine celery, apples, and nuts and /or raisins (optional). Combine mayonnaise and lemon juice; add to the fruit mixture. Toss to mix dressing into fruit mixture. Serve cold.

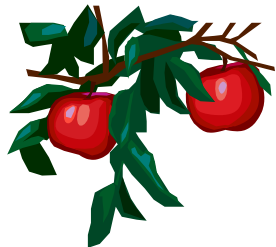
Applesauce Cake

Yields 15 large pieces.

Per serving: 363 calories, 3 g dietary fiber, 59 g carbo., 14 g fat, 28 mg cholesterol, 216 mg sodium.

- 2 cups sugar
- 3/4 cup vegetable shortening
- 2 eggs
- 2 1/2 cups sifted flour
- 1 teaspoon cinnamon
- 1 teaspoon cloves
- 1/2 teaspoon nutmeg
- 1 teaspoon baking powder
- 2 teaspoons baking soda
- 1/2 teaspoon salt
- 2 cups applesauce, unsweetened
- 1 1/2 cups raisins
- 1/2 cup chopped walnuts or other nuts

1. Mix sugar, shortening and eggs together until well blended and fluffy.
2. Combine the dry ingredients and stir until well mixed, then add to the sugar/shortening mixture.
3. Add the applesauce and stir until well blended.
4. Stir in the raisins and nuts.
5. Spread batter into a well-greased or sprayed 9 x 13 inch pan.
6. Bake at 350 for 40 minutes.



Chicken-Apple Salad

Serves 4 (1/2 cup each)

186 calories, 8 g fat per serving

- 2 cups cooked, chopped chicken (meat from about 1/2 of a whole chicken)
 - 1 medium apple, cored and diced
 - 1/3 cup celery, sliced
 - 3 Tablespoons mayonnaise-type salad dressing
 - 1/8 teaspoon ground cinnamon
 - 1/8 teaspoon salt
- Mix chicken, apple and celery. Mix salad dressing, cinnamon and salt. Stir into chicken mixture. Mix well. Chill.

Hot Fruit Medley

Serves 4, 309 calories per serving

- 2 Tablespoons margarine
 - 4 medium onions
 - 4 medium cooking apples cut into eighths
 - 1 pound prunes, cooked without sugar
 - 1/4 teaspoon salt
 - 1/8 teaspoon pepper
1. Melt the margarine in a fry pan. Peel and quarter the onions and saute until tender and brown for at least five minutes.
 2. Add the pieces of apples, cooked prunes, salt and pepper.
 3. Cover and simmer until tender.

Carrot-Apple Salad

Serves 6 (2/3 cup each) 97 calories, 1 g fat per serving

- 3 medium apples, skin on, diced
 - 2 medium carrots, shredded
 - 1 Tablespoon lemon juice
 - 1/2 cup raisins
 - 1/3 cup reduced fat mayonnaise
 - Salad greens
1. Combine all ingredients except salad greens.
 2. Place in refrigerator and chill thoroughly.
 3. Place salad greens on each serving plate.
 4. Place carrot-apple salad on top of greens. Serve.
 5. Refrigerate leftovers.



Apple Crisp

6 servings

254 calories, 3 g dietary fiber, 40 g carbo., 10 g fat, 116 mg sodium.

- 4 cups sliced tart apples
 - 1/2 cup each flour & rolled oats
 - 3/4 cup brown sugar
 - 1/3 cup margarine
 - 1/2 teaspoon cinnamon
 - 1/4 teaspoon nutmeg
1. Place sliced apples in a 9-inch square pan or 2-quart casserole.
 2. Combine the other ingredients and blend the margarine in with a fork or pastry blender until the mixture is just crumbly.
 3. Sprinkle the flour mixture over apple slices.
 4. Bake at 350 for 45 minutes or until crisp and golden.