

# A P P L E S



1 serving = One medium apples; 6 oz of 100% apple juice; 1/2 cup applesauce

One pound = 4 small apples, 3 medium apples, or about 2 large apples  
One 9" or 10" pie = 2 1/2 pounds (4-5 large, 6-7 medium, or 8-9 small) apples  
One pound sliced = about 2 3/4 cups  
One pound diced = about 3 cups

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What fruit is as versatile as the apple? Whether taking a big juicy bite out of a whole crisp apple, or cutting several up to make the all-American apple pie, apples are nutritious and delicious however you eat them.

However, many people have tasted only one or two of the popular varieties when, in fact, there are hundreds of varieties on the market today. With such diversity in flavor, texture, resiliency, and even color, there is an apple to suit almost every taste and every purpose.

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One thing that stays constant across all varieties, however, is good nutrition!

Apples are a source of both **soluble** and **insoluble fiber**, as well as **antioxidants**



Soluble fiber such as pectin actually helps to prevent cholesterol buildup in the lining of 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 food quickly through the digestive system.



Apples also contain the antioxidant quercetin that may reduce the growth and spread of cancer cells and help promote heart health.



**HEALTHFUL HINT:** Use apple sauce in place of shortening or oil in muffins and quick breads to reduce fat and calories. (Substitute the same amount of applesauce for the shortening or oil. Try replacing only half the amount of shortening or oil in the recipe first, to see how it affects the final product.)

**Nutrition Bonus:**  
Unpeeled apples have twice the fiber as, and are richer in antioxidants than peeled apples – so keep that peel on!

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**Storage:** Refrigerate apples in plastic bag away from strong-odored foods. Use within 3 weeks.

**Preparation:** Wash apples. Prepare according to usage, but don't forget to leave the peel on if possible! Prevent cut, fresh apples from turning brown by dipping them in a solution of lemon, orange or pineapple juice and water (1 part juice to 3 parts water).

# Are you using the right apple?

	Variety	Flavor	Color	Texture	Best Uses	Season
	<b>Braeburn</b>	Sweet/Tart	Yellow with red stripes or blush	Firm	Pies, snacking, salads, sauce, freezing	Oct-July
	<b>Fuji</b>	Sweet/Spicy	Red blush, yellow stripes	Crisp	Snacking, salads, sauce, pies, baking, freezing	Year-round
	<b>Gala</b>	Sweet	Red-orange, yellow stripes	Crisp	Snacking, salads, sauce, freezing	Aug-March
	<b>Golden Delicious*</b>	Sweet	Yellow-green	Crisp	Snacking, salads, sauce, pies	Year-round
	<b>Granny Smith</b>	Tart	Green, occasional pink blush	Crisp	Snacking, salads, sauce, pies, baking, freezing	Year-round
	<b>Honeycrisp</b>	Sweet/Tart	Mottled-red over a yellow background	Crisp	Snacking, salads, sauce, pies, baking	Sept-Feb
	<b>Cripps Pink</b>	Sweet/Tart	Pink blush	Firm	Snacking, salads, pies, sauce	Nov-Aug
	<b>Red Delicious</b>	Sweet	Striped to solid red	Crisp	Snacking, salads	Year-round

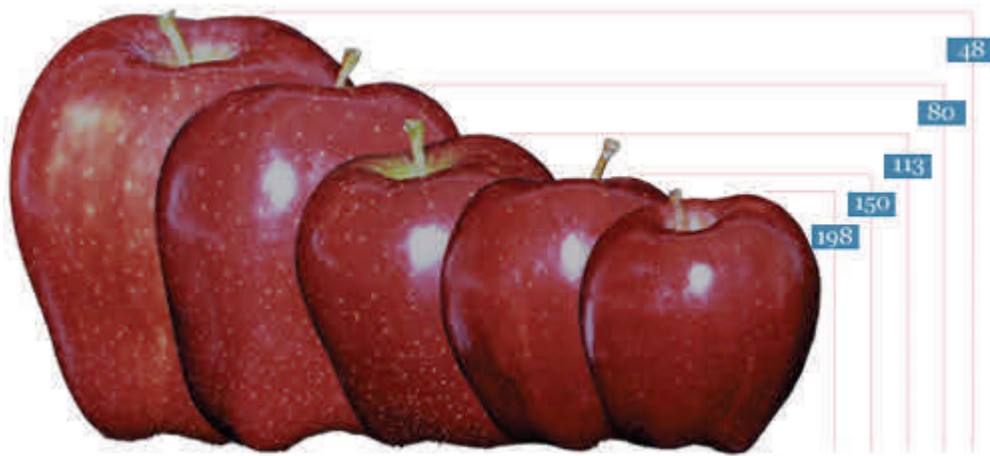
\***Golden Delicious** is the preferred "all purpose" cooking apple since it retains its shape and rich, mellow flavor when baked or cooked. Its skin is so tender and thin that it doesn't require peeling for most recipes.

# APPLE Sizes

Large apple = 3 3/4 inch diameter, 2 cups sliced or chopped  
 Medium apples = 2 3/4 inch diameter, 1 1/3 cups sliced or chopped  
 Small apple = 2 1/4 inch diameter, 3/4 cup sliced or chopped

Apples are sized according to the approximate number of apples contained in a standard box (40 pounds). Check out these **Apple Grades and Sizes** to see what you're getting.

<b>Size, by Packing Count</b>	<b>Approximate Diameter, Inches</b>	<b>Approximate Weight, Ounc- es</b>	<b>Approximate Weight, Grams</b>
48	3-7/8	13.3	375g
56	3-3/4	11.4	324g
64	3-5/8	10.0	284g
72	3-1/2	8.9	253g
80	3-3/8	8.0	227g
88	3-1/4	7.3	207g
100	3-1/8	6.4	182g
113	3	5.7	162g
125	2-7/8	5.1	145g
138	2-3/4	4.6	131g
150	2-5/8	4.3	122g
163	2-1/2	3.9	111g
175	2-3/8	3.7	105g
198	2-1/4	3.2	91g
216	2-1/8	3.0	85g



# Savory Main Dishes

## Apple Chicken Stir Fry

Ready in only 15 minutes, this healthy, vibrant blend of salty and sweet offers an unexpected flavor infused with an aroma so intense the smell alone will upstage your usual chicken stir fry. Wait til you actually taste it!

**This is a Fruits & Veggies—More Matters® recipe. It meets the Centers for Disease Control and Prevention’s strict nutrition guidelines as a healthy**

Serves: 4

Cups of Fruits and Vegetables per Serving: 1

- 1 pound cubed boneless, skinless, chicken breast
  - ½ cup onion, vertically sliced
  - 1 ¾ cups (3-4 medium) carrots, thinly sliced
  - 1 ½ teaspoon vegetable oil
  - 1 teaspoon dried basil, crushed
  - 1 cup fresh or frozen Chinese pea pods
  - 1 tablespoon water
  - 1 medium baking apple, cored and thinly sliced
  - 1 tablespoon oil
  - 2 cups cooked brown rice
1. Stir-fry cubed chicken breast in 1 table-spoon vegetable oil in non-stick skillet until lightly browned and cooked. Remove from skillet.
  2. Stir-fry onion, carrots and basil in oil in same skillet until carrots are tender. Stir in pea pods and water. Stir-fry 2 minutes.
  3. Remove from heat; stir in apple. Add to chicken, serve hot over cooked rice.

### Nutritional Information per Serving

Calories: 330	Carbohydrates: 30g
Total Fat: 7.7g	Cholesterol: 66mg
Saturated Fat: 1.1g	Dietary Fiber: 5g
% of Calories from Fat: 21%	Sodium: 117mg
Protein: 29g	

## Tuna Apple Salad Sandwich

Liven up your lunch time sandwich with a refreshing mix of tuna, apples, raisins, and walnuts.

**This is a Fruits & Veggies—More Matters™ recipe. It meets the Centers for Disease Control and Prevention’s strict nutrition guidelines as a healthy recipe.**

Serves: 4

Cups of Fruits and Vegetables per Serving: ¾

### Tuna Salad

- 1 Fuji
  - 1-12 oz can chunk light tuna, drained
  - 2 Tbsp plain yogurt, low-fat
  - 2 Tbsp mayonnaise, reduced fat
  - ½ cup raisins or chopped figs
  - ¼ cup walnuts, chopped
  - 1/8 tsp ground black pepper
  - 2 Tbsp fresh parsley, chopped (optional)
  - ½ tsp curry powder (optional)
- 8 leave lettuce (Bibb, Romaine, green or red leaf)



8 slices whole grain bread

1. Cut apples in quarters; remove core and chop.
2. In a medium size bowl, mix all salad ingredients, except tuna. Gently fold tuna.
3. Make sandwiches using lettuce and whole grain bread (toast if desired), and fill with tuna apple salad.
4. Serve with 8oz glasses of 100% orange juice.

### Nutritional Information per Serving

Calories: 380	Carbohydrates: 48g
Total Fat: 10g	Cholesterol: 25mg
Saturated Fat: 1.5g	Dietary Fiber: 7g
% of Calories from Fat: 24%	Sodium: 550mg
Protein: 27g	

# Simple Salads

## Couscous Salad w/ Apple & Raisins

Serves: 4

Ingredients:

- ½ cup apple cider
- ½ cup golden raisins
- 1 ½ cups water
- Salt and freshly ground black pepper
- 1 cup couscous
- 3 Tbsp freshly squeezed lemon juice, more to taste
- 3 Tbsp olive oil
- 1 Braeburn apple
- 3 Tbsp minced fresh mint



1. Bring the cider just to a boil in a small pan.
2. Add the raisins, reduce the heat to medium-low and cook gently for 10 minutes. Set aside to cool slightly.
3. Combine the water and 1/2 teaspoon salt in a medium saucepan and bring to a boil. Remove from heat and stir in the couscous. Cover and set aside for 5 minutes.
4. Transfer the couscous to a large bowl and stir to fluff the grains; let cool, stirring occasionally.
5. Combine the lemon juice and olive oil in a medium bowl.
6. Quarter and core the Braeburn apple and cut it into 1/2-inch dice.
7. Toss the apple in the lemon juice mixture with a pinch each of salt and pepper.
8. Stir in the plumped raisins and cider.
9. Add this to the couscous and stir to mix, then stir in the mint.
10. Add more lemon juice, salt or pepper to taste. Refrigerate the salad for at least 30 minutes, covered, before serving.

**Credit:** Recipe courtesy of Domex

## Apple Coleslaw

Serves: 4



- 2 cups cabbage
- 1 carrot (medium, grated)
- 1/2 green pepper (chopped)
- 1 apple (chopped)
- 5 Tbsp yogurt, low fat
- 1 Tbsp mayonnaise, low fat
- 1 tsp lemon juice
- 1/4 tsp dill weed

1. Wash the cabbage. Cut it into fine shreds, until you have 2 cups of cabbage.
2. Peel the carrot. Grate it with a grater.
3. Chop half a green pepper into small pieces.
4. Remove the core, and chop the apple.
5. Put the cabbage, carrot, green pepper, and apple in a large mixing bowl. Stir together.
6. Put the yogurt, mayonnaise, lemon juice, and dill weed in a small bowl. Stir together to make a dressing.
7. Pour the dressing over the salad. Toss to mix.
8. Add salt and pepper to taste.

Courtesy of: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network

### Nutritional Information per Serving

Calories: 60	Carbohydrates: 11g
Total Fat: 1.5g	Cholesterol: 0mg
Saturated Fat: 0g	Dietary Fiber: 2g
% of Calories from Fat: 23%	Sodium: 55mg
Protein: 2g	

Compliment the crunch and flavor of your favorite variety of fresh apple with these quick and easy dip ideas

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## Gran-Apples

**Serving Size:** 2 or 4 quartered apples

**Yield:** 50 1/4 cup fruit servings or  
25 1/4 cup fruit servings

**Recipe Source:** Washing Apple Commission

### Ingredients:

25 each Apples, fresh with skin  
2 lbs + 10 oz Peanut butter, smooth  
1 1/2 cups + 1 Tbsp honey  
1 lb + 1 oz cereals, Granola., low fat

### Instructions:

1. Cut apples into quarters
2. Blend peanut butter and honey until smooth
3. Spread peanut butter-honey mixture onto cut sides of apples.
4. Roll apples in granola.

**Nutrients Per Serving:** calories 241, protein 6.7 g, carbohydrates 30.1 g, fat 12.4 g, saturated fat 2.5 g, cholesterol 0 mg, Vit A 3 RE, Vit C 4 mg, iron 84 mg, calcium 18 mg, sodium 121 mg, fiber 3.8 g

## Pineapple-Cream Cheese Dip

Yield: 100 2 oz. servings of dip

### Ingredients:

6 lbs. 4 oz. Low Fat Cream Cheese  
1 each #10 can Crushed Pineapple, Drained

### Directions:

1. Cream together cream cheese and crushed pineapple until well blended
2. Portion 2 ounces of dip into soufflé cups.



## Apple Yogurt Dip

Courtesy of: Washington Apple Commission

Combine:

1/2 cup plain non-fat yogurt  
1/2 teaspoon cinnamon  
1/2 teaspoon vanilla extract

## Pumpkin Pie Dip

*Courtesy of: Eatright.org/kids*

This simple dip is loaded with vitamin A, low in saturated fat and tastes amazing with sliced apples, pears, or whole grain pretzels.

### Ingredients

- 6 ounces, low fat cream cheese, room temperature
- 1/3 cup reduced fat Greek yogurt
- 15 ounces roasted pumpkin, no sugar added
- 2 1/2 teaspoons cinnamon, ground
- 1 teaspoon all spice, ground
- 1 teaspoons cloves, ground
- 1/8 teaspoon, nutmeg, ground
- 3 tablespoons agave nectar
- 2 tablespoons brown sugar
- 1/8 teaspoon salt

### Directions

1. In a food processor, place cream cheese and Greek yogurt and blend until smooth.
2. Add remaining ingredients in the food processor and blend until smooth.
3. Cover and refrigerate for at least 30 minutes before serving with sliced fruit or salty whole grain pretzels.