

## APPLE

### *Types*

There are three main apple types: those that are primarily for fresh eating; those that are better for cooking into sauces, pies, etc.; and those that are specifically for hard cider.

### *Selection Info*

Apples should smell fresh and their stems should be intact. They should have firm, shiny, and smooth skin. Avoid apples with bruises.

### *Preparation*

Wash apples under a stream of cold water, and then eat fresh or bake, sauté, or add to a recipe.

To peel an apple, use a Y-shaped peeler and run it across top and bottom of the apple. Next, peel from top to bottom to remove the peel all the way around the apple.

To core an apple, hold the apple stem side up, then cut the apple from top to bottom, positioning knife as close to core as possible. Cut around all sides of the stem to remove the core.

**Bake:** Heat oven to 350°F. Remove part of the core, leaving a well. Stuff the hole with 1 tablespoon butter and 2 tablespoons of brown sugar. Bake for 15 minutes until sugar is caramelized and the apple is tender.

**Sauté:** Melt a teaspoon of butter in large skillet over medium heat. Add desired size of apples, and cook, stirring often until apples are almost tender (about 6 to 7 minutes). Mix together corn starch and water, and add to skillet. Stir in 1 tablespoon of brown sugar and one teaspoon of cinnamon. Boil for 2 minutes, stirring frequently, remove from the pan and serve.

### *Storage*

**Short-Term Storage:** Store apples for up to a month in a plastic bag in the refrigerator until ready to use. Keep away from other foods because apples will absorb their odors. If apples are fresh and left on a counter or in the pantry they should last about 2-4 weeks.

**Long-Term Storage:** Apples can be frozen, dried, or canned as jams, applesauce, apple butter, and other recipes.



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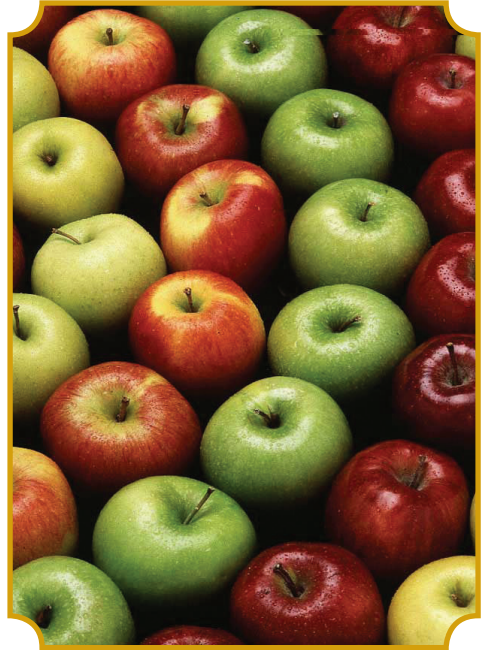
# APPLE CRANBERRY SALAD TOSS

## Ingredients

- 1 head of lettuce, any variety (torn/ cut into bite-size pieces — about 10 cups)
- 2 medium apples, any variety (cored and cut into 1/2-inch cubes)
- 1/2 cup walnuts (chopped)
- 1 cup dried cranberries
- 1/2 cup onion (sliced)
- 3/4 cup vinaigrette dressing

## Directions

1. Toss lettuce, apples, walnuts, cranberries, and onions in large bowl.
2. Add dressing, and toss to coat. Serve immediately.




### Nutrition Information

Serving Size 1/8 of recipe

Nutrients	Amount
Total Calories	140
Protein	2g
Carbohydrates	24g
Dietary Fiber	3g
Total Fat	5g
Saturated Fat	0g
Cholesterol	0mg
Sodium	10mg



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