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, Unites 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 Goldens. 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, sauces, 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 Experiment 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 Albemarie 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. Newtown 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 then 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 apple 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 antioxidant 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.

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 form 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

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<th>Texture</th>
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Dutch Apple Pie with Oatmeal Streusel

1. Preheat oven to 425 degrees F (220 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 1/4 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

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

Source

Web Page: http://allrecipes.com

Scrumptious Apple Pie

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.
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

Cooking Times
Preparation Time: 45 minutes
Total Time: 2 hours and 20 minutes

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

Source
Web Page: http://www.bettycrocker.com

Apple Slaw

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<td>1/4 cup</td>
<td>1/4 teaspoon apple pie spice</td>
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<td>sliced green onions (4 medium)</td>
<td>3 tablespoons cider vinegar</td>
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<td>2 medium</td>
<td>2 tablespoons vegetable oil</td>
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<tr>
<td>Granny Smith apples cubed</td>
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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

Cooking Times
Preparation Time: 15 minutes
Total Time: 15 minutes

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

Source
Web Page: http://www.bettycrocker.com
Crunchy Apple Salad

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

Nutrition Facts

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

Source

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

Cranberry Apple Salad

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

Nutrition Facts

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

Source

Web Page: http://www.landolakes.com
Autumn Fruit Tart

**Crust**
- 1 1/4 cups crushed vanilla wafer cookies
- 1/2 cup finely chopped hazelnuts
- 1/4 cup butter, melted

**Filling**
- 1/2 cup sugar
- 1/2 cup light corn syrup
- 3 eggs
- 2 tablespoons all-purpose flour
- 2 tablespoons butter, melted
- 1 tablespoon brandy or apple juice, if desired
- 1 1/2 teaspoons ground cinnamon
- 1 1/2 cup chopped hazelnuts
- 2 tablespoons chopped dried apricots
- 1 medium (1 cup) apple, peeled, chopped

**Topping**
- 1/2 cup whipping cream, whipped
- 1 tablespoon powdered sugar
- 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.

Servings: 10

**Cooking Times**

Preparation Time: 15 minutes  
Total Time: 1 hour and 20 minutes

**Nutrition Facts**

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

**Source**

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

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**Apple Tuna Sandwiches**

- 1/3 cup fat-free mayonnaise
- 1/4 cup finely chopped celery
- 1/4 cup finely chopped walnuts
- 2 tablespoons finely chopped onion
- 1 tablespoon sweet pickle relish
- 1/8 cup (7.1 ounces) light water-packed tuna
- 1 pouch chopped red apple
- 6 slices reduced-calorie bread, toasted

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**

Preparation Time: 15 minutes

**Nutrition Facts**

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

**Source**

Web Page: http://www.tasteofhome.com
Slow Cooker Spiced Cranberry-Apple Cider

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

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

Nutrition Facts

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

Source

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

Apple Ice Cream

1/2 cup sugar
1 cup milk
1/4 teaspoon salt
3 egg yolks, beaten
2 cups whipping (heavy) cream

1 teaspoon vanilla
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

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

Nutrition Facts

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

Source

Web Page: http://www.bettycrocker.com
Sautéed Apples

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

Preparation Time: 5 minutes
Cooking Time: 15 minutes
Total Time: 20 minutes

Nutrition Facts

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

Source

Web Page: http://allrecipes.com

Apple Butter

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

Preparation Time: 30 minutes
Total Time: 2 hours and 30 minutes

Nutrition Facts

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

Source

Web Page: http://www.bettycrocker.com
## Pecan Apple Pancakes

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

Preparation Time: 15 minutes  
Cooking Time: 10 minutes

### Nutrition Facts

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

### Source

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

## Spiced Apples

8 Granny Smith apples  
2 tablespoons white sugar  
1 teaspoon lemon juice  
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

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

### Source

Web Page: http://allrecipes.com
Buttery Apple Cake

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

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

Preparation Time: 30 minutes  
Total Time: 1 hour and 40 minutes

Nutrition Facts

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

Source

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

Apple Cookie Cake

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

Cooking Times

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

Nutrition Facts

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

Source

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

Applesauce Spice Cake

2 cups all-purpose flour
2 cups sugar
1 1/2 cups applesauce
1/2 cup butter, softened
2 eggs
1 1/2 teaspoons baking soda
1 1/2 teaspoons ground cinnamon
1 teaspoon vanilla
1/2 teaspoon baking powder
1/2 cup golden raisins or raisins
1/2 cup chopped pecans

1/3 cup butter
3 cups powdered sugar
1 1/2 teaspoons vanilla
2-3 tablespoons milk
1/4 cup chopped pecans

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.
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.
Melt 1/3 cup butter in 1-quart saucepan over medium heat, stirring constantly, until very lightly browned (6 to 8 minutes).
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

Cooking Times

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

Nutrition Facts

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

Source

Web Page: http://www.landolakes.com
Applesauce Spice Bars

Bars

1 cup sugar
1/3 cup softened butter
1 egg
1 1/2 cups all-purpose flour
1 1/2 teaspoons ground allspice
1 teaspoon ground cinnamon
3/4 teaspoon baking soda
1/4 teaspoon salt
1/2 cup raisins

Frosting Ingredients:
3 cups powdered sugar
1/3 cup sour cream
3 tablespoons butter, softened
1 tablespoon vanilla
1/2 cup chopped pecans

1 Heat oven to 350°F. Spray 13x9 inch baking pan with non-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

Preparation Time: 30 minutes
Total Time: 1 hour and 25 minutes

Nutrition Facts

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

Source

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

Sour Cream Apple Bars

Crust

1 cup butter, softened
1 cup firmly packed brown sugar
2 cups uncooked quick-cooking oats
1 cup all-purpose flour
1 cup chopped walnuts
1 teaspoon baking soda
1 teaspoon ground cinnamon

1/4 teaspoon allspice

Filling

1 cup sour cream
3/4 cup sugar
2 tablespoons all-purpose flour
1 egg
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
### Apple Squares

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

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

### Cooked Times

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

### Nutrition Facts

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

### Source

Web Page: http://allrecipes.com
Chewy Apple Oatmeal Cookies

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

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
Preparation Time: 20 minutes
Total Time: 10 minutes

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

Source
Web Page: http://www.tasteofhome.com

Apple Cranberry Crisp

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

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
Preparation Time: 20 minutes
Total Time: 45 minutes

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

Source
Web Page: http://www.landolankes.com
Apple Cobbler

Ingredients

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

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
Preparation Time: 20 minutes
Total Time: 1 hour

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

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

Source
Web Page: http://www.landolakes.com

Apple-of-Your-Eye Cheesecake

Ingredients

1 cup graham cracker crumbs (about 16 squares)
3 tablespoons sugar
2 tablespoons finely chopped pecans
1/2 teaspoon ground cinnamon
1/4 cup butter, melted

3/4 teaspoon vanilla extract

Topping

2 1/2 cups chopped peeled apples
1 tablespoon lemon juice
1/4 cup sugar
1/2 teaspoon ground cinnamon
6 tablespoons caramel ice cream topping, divided
2 tablespoons sweetened whipped cream

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.


Servings: 12

Cooking Times

Preparation Time: 30 minutes
Bake Time: 55 minutes

Nutrition Facts

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

Source

Source: http://www.tasteofhome.com

Apple-Raisin Bread Pudding

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

1. 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.

2. Bake, uncovered, at 325° for 40-45 minutes or until a knife inserted near the center comes out clean.

3. 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

Cooking Times

Preparation Time: 20 minutes
Cooking Time: 40 minutes

Nutrition Facts

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

Source

Web Page: http://www.tasteofhome.com
Apple Zucchini Bread

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

Preparation Time: 15 minutes  
Cooking Time: 50 minutes

Nutrition Facts

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

Source

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

Apple Nut Coffee Cake

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  Topping
1/4 cup milk  
2 eggs  
1 teaspoon baking powder  1/2 cup chopped walnuts or pecans
1 teaspoon baking soda  1/2 cup firmly packed brown sugar

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
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
ground cinnamon
1/2 teaspoon ground cinnamon
3/4 cup sugar
1/3 cup butter, softened
2 eggs
2 teaspoons freshly grated lemon zest
1 medium (1 cup) apple, cored, peeled, finely chopped

Topping
1/4 cup sugar
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

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

Source

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

Cooking Times

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

Nutrition Facts

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

Source

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

Autumn Apple Salad

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

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

Cooking Times

Preparation Time: 20 minutes

Nutrition Facts

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

Source

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

Apple Crumble Pie

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

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**

Preparation Time: 30 minutes  
Cooking Time: 35 minutes  
Total Time: 1 hour and 5 minutes

**Nutrition Facts**

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