

Apples

Good source of fiber and Vitamin C



Grilled Apples

3 apples, peeled, pared and sliced
¼ cup margarine, melted
1 T. lemon juice

½ tsp. ground cinnamon
2 T. brown sugar

In a small bowl, mix margarine, lemon juice, cinnamon, and brown sugar. Place sliced apples on a large piece of heavy duty aluminum foil. Top with margarine mixture. Fold the edges of the foil to seal. Grill on low to medium heat for 30 minutes until tender. Serve warm. Makes 2-4 servings.

Apple Salad

2 medium apples, cored and diced
1 cup diced celery
½ cup raisins

½ cup walnuts (optional)
2 T. lite mayonnaise or salad dressing
½ T. orange juice

Mix orange juice with mayonnaise or salad dressing. Toss with remaining ingredients. Serves 2.

Apple Grilled Cheese

2 T. unsalted butter, softened, divided
4 (6") naan or flatbread rounds
½ cup apple jam, divided

8 oz. farmer, ricotta or Havarti cheese
1 Granny Smith apple, cored and thinly sliced

Spread butter on one side of each piece of bread. Layer jam onto unbuttered side of 2 pieces of bread. Top with 2 oz. cheese, half the apple slices and another piece of bread. Repeat with remaining ingredients. Preheat nonstick skillet over medium. Heat sandwiches on grill pressing with spatula. Cook sandwiches until golden on one side, about 5 minutes; flip, and grill until bread is toasted and cheese melts. Slice each sandwich into 8 wedges.

Sweet and Sour Pork

1 lb. boneless pork loin, cut into ½" cubes
1 tsp. vegetable or olive oil
3 Granny Smith apples, cored & sliced into ½" wedges
¾ cup salt-free chicken broth
1 tsp. brown sugar

4-5 packets non-calorie sweetener
¼ cup cider vinegar
3 T. cornstarch
2 T. low sodium Worcestershire sauce
¼ tsp. black pepper

Heat skillet. Add oil. Brown pork on all sides. Add apples, sauté 3 minutes, stirring occasionally. Add ½ cup broth, reduce heat and simmer covered for 10 minutes. Mix remaining broth with rest of ingredients. Add to skillet. Cover and cook over medium heat, stirring constantly until sauce thickens. Makes 5 servings.

Warm Lentil Salad with Sausage & Apple

4 T. extra-virgin olive oil, divided	3 cloves garlic, minced
2 T. red-wine vinegar	2 cups cooked lentils
1 T. Dijon mustard	1 small bulb fennel, finely diced
½ tsp. salt	1 Granny Smith apple, finely diced
½ tsp. freshly ground pepper	2 stalks celery with leaves, finely diced
3 links hot or sweet turkey sausage, casings removed	6 cups arugula or mesclun greens

Whisk 3 tablespoons oil, vinegar, mustard, salt and pepper in a large bowl. Heat the remaining 1 tablespoon oil in a large skillet over medium-high heat. Add sausage; cook, stirring often and breaking up, until cooked through, about 5 minutes. Add garlic; cook 30 seconds more. Stir in lentils and heat through, about 2 minutes. Stir in 5 tablespoons of the dressing and remove from the heat. Stir in fennel, apple and celery. Toss greens with the remaining dressing. Serve with the warm lentil mixture on top. Serves 4.

Baked Apples

4 large Jonathan, Granny Smith or other baking apples	¼ cup brown sugar
¼ cup chopped currants or raisins	1 tsp. cinnamon
¼ cup pecans (optional)	1 T. butter
	¾ cup water, boiling

Preheat your oven to 375°F. Using a sharp paring knife or an apple corer, cut out the cores, leaving the bottom ½" intact. Cut out the core so that they are an inch or so wide. Place the brown sugar, cinnamon, currants or chopped raisins, and chopped pecans (if using) in a small bowl and stir to combine. Put the apples in a baking dish and stuff each apple with the sugar stuffing mixture. Place a dot of butter (a quarter of the tablespoon called for in the ingredient list) on top of the sugar. Pour the boiling water into the bottom of the baking dish. Bake at 375°F for 30-45 minutes, until the apples are cooked through and tender, but not overcooked and mushy. When done, remove the apples from the oven and baste them with the juices from the pan. Serves 4.

Apple Chips

2 T. lemon juice
1 sweet, crisp apple, such as Fuji or Gala
2 tsp. confectioners' sugar

Heat oven to 200°F. Line a baking sheet with parchment paper and set aside. Fill a medium bowl with ice, water, and lemon juice and set aside. Slice the apple into very thin slices and let soak in the ice water bath for 5 minutes. Place apple slices on prepared baking sheet, sprinkle with sugar, and bake until crisp and dry—about 90 minutes. Cool and serve.

Golden Delicious Risotto

4 to 5 cups low-sodium chicken or vegetable broth	1/3 cup dry white wine
4 T. butter	2 T. grated Parmigiano cheese, + more for garnish
2 T. minced onion	¼ tsp. salt
1 cup Arborio rice or short grain rice	Freshly grated nutmeg
2 cups diced, peeled Golden Delicious apples	

In medium saucepan, heat broth to boiling; reduce heat to maintain a steady simmer and cover. In large saucepan, melt 2 tablespoons butter over low heat; add onion and sauté 3 minutes. Add rice and 1 cup diced apple; sauté, stirring, 3 minutes. Stir in wine; stir until wine evaporates. Stirring, add enough hot broth (about ¾ cup) to just cover rice. Adjust the heat to maintain a steady simmer and cook rice, stirring constantly, until almost all broth has been absorbed—about 4 minutes. Continue adding broth, 1/2 cup at a time, stirring, and cooking until broth is absorbed. After 15 minutes, stir in remaining diced apples. Rice is done when creamy yet firm (al dente) in center. Total cooking time is 25 to 30 minutes, depending on rice. Remove risotto from heat; stir in remaining butter, 2 tablespoons Parmigiano, and salt. Spoon into bowls or deep plates; sprinkle with nutmeg and top with shaved Parmigiano. Serves 4-6.