

BAKED APPLES

- 4 baking apples
- 1 1/2 T margarine
- 1/3 C brown sugar
- 3 T chopped walnuts
- 1/4 C apple juice or water
- 3 T raisins

Core apples. Combine margarine and sugar, add raisins and nuts and stuff into cavity of apples. Place apples in individual serving dishes. Pour 1 T apple juice over each apple. Cover with wax paper. Cook 8 minutes or until tender. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by the New Jersey Department of Agriculture.

Nutrient Analysis Per Serving: Calories, 253; Fat, 8 g; Cholesterol, 0 mg; Fiber, 3 g; Sodium, 58 mg; Percent calories from Fat, 30%.

BAKED APPLES WITH FRESH MINT

- 4 Red Delicious apples
- 1/2 C raisins
- 1/4 C brown sugar
- 1 T fresh mint, minced
- 2 t margarine

Core apples and peel off a 1" strip around the hole on the top of each apple. Place apples in a shallow baking dish. Combine raisins, brown sugar and mint. Fill apples with raisin mixture. Top the raisin filling in each apple with 1/2 t margarine. Bake at 350 for about 50 minutes or until apples are tender. Makes 4 servings. This is an official 5 A Day recipe.

Recipe provided by The Green House Fine Herbs.

CINNAMON BAKED GOLDENS

- 8 Golden Delicious apples, cored
- 1 C sugar
- water
- 1/4 C lemon juice
- 1 t ground cinnamon
- 1 t grated lemon peel
- 1/2 t ground nutmeg

Pare apples 1/3 of the way down from top. Place in 13 x 9 x 2 inch baking pan.

Combine sugar, 2/3 C water, lemon juice, cinnamon, lemon peel and nutmeg; bring to boil. Pour over and around apples. Bake, uncovered, in 350 oven 50 to 60 minutes or until apples are tender. Baste with mixture in pan every 15 minutes. Cool in pan. When ready to serve, remove apples to serving dish. Add 1/4 cup boiling water to pan to dilute mixture in pan. Drizzle mixture over apples. May top with frozen yogurt if desired. Makes 8 servings. This is an official 5 A Day recipe.

APPLE ICE

- 5 C sliced Granny Smith apples
- 1 C water
- 3/4 C sugar

- 1/2 t finely grated lemon peel

In saucepan, combine apples, water and sugar. Heat to boil, simmer 6 to 8 minutes or until tender. Puree apple mixture in blender or food processor fitted with chopping blade; stir in lemon peel. Pour mixture into 8 or 9 inch metal pan and freeze until almost hard. Return to blender or food processor and puree until chunks break up and mixture is fluffy. Pack in freezer-proof container and store in freezer until ready to serve. Makes 8 servings. This is an official 5 A Day recipe.

GOLDEN APPLE MERINGUES

- 2 large Golden Delicious or Rome Beauty apples, pared and halved (about 3/4 pound)
- 2 C apple juice
- 1/2 C orange marmalade
- 2 egg whites
- 2 T sugar
- 2 T chopped, toasted almonds

Poach apples in apple juice about 5 to 7 minutes or until barely tender; drain. Spoon 2 T marmalade into center of each half. Beat egg whites to soft peaks. Add sugar gradually; beat until stiff. Fold in almonds. Cover tops of apple halves to edges with meringue. Bake at 350 7 to 10 minutes or until lightly browned. Makes 4 servings. This is an official 5 A Day recipe.

GOLDEN SPICED BAKED APPLES

- 1/2 C sugar
- 2 T all-purpose flour
- 1 1/2 t ground cinnamon
- 6 Golden Delicious apples
- 2 T melted margarine
- 1/3 C chopped walnuts

Heat oven to 350. In pie plate or shallow dish, combine sugar, flour and cinnamon, mixing well. Peel and partially core apples, leaving bottom end of apple cores in place. Dip apples in melted margarine, then roll in sugar mixture. Place coated apples in shallow baking dish. Combine walnuts, remaining margarine and remaining sugar mixture; spoon into centers of apples. Add water to just cover bottom of baking dish. Bake 45 minutes or until apples are tender. Makes 6 servings. This is an official 5 A Day recipe.

Microwave version: Coat and fill apples as directed above; place in microwave-safe baking dish. (Omit adding water to dish.) Microwave, uncovered, on high (100 percent) 11 to 12 minutes or until apples are tender. (If microwave does not have carousel, rotate dish one-quarter turn every 3 minutes.) If necessary, loosely cover apples with waxed paper to prevent spattering. Let apples stand 3 to 5 minutes before serving.

HONEY BAKED APPLES

- 6 large apples
- 6 t honey
- 1/4 C orange juice
- 1 t sugar
- pinch nutmeg

- 1 orange

Core apples, being careful not to cut all the way through. Peel about 1/3 of the way down from the stem end. Combine honey and orange juice; pour into centers of apples. Set in baking dish. Pour a little hot water in bottom of pan. Bake at 400 degrees for 50 to 60 minutes or until apples are tender. Sprinkle tops with a little sugar and nutmeg. Run under broiler to glaze. Quarter orange slices and tuck them in center of apples after glazing. Makes 6 servings. This is an official 5 a Day recipe.

LEMONY POACHED GOLDEN APPLES

- 3 large Golden Delicious apples, cored
- 1 1/2 C apple juice
- 1 1/2 t grated lemon peel
- 1/8 t ground ginger

Remove peel around top half of each apple. Combine remaining ingredients; bring to boil. Reduce heat and simmer; uncovered, 5 minutes. Place apples in hot apple juice. Cover and simmer about 15 minutes or until apples are tender but still hold their shape; baste and rotate apples frequently. Remove apples with slotted spoon; halve each apple and place in individual serving dishes. Strain juice and return to pan. Boil until juice is reduced to 1 cup; serve warm over warm apples. Makes 6 servings. This is an official 5 A Day recipe.

ORANGE POACHED APPLE

- 6 small Golden Delicious apples
- 1 1/2 C orange juice
- 1/2 C cream sherry
- 1 stick cinnamon
- 2 t grated orange peel

Core apples from bottom, leaving top side of apples unpierced; peel apples. In 2 quart saucepan, combine orange juice, sherry and cinnamon; heat to boil. Reduce heat to simmer, add apples and cook, covered, 30 to 40 minutes or until apples are tender. (Rotate apples occasionally to cook evenly.) With slotted spoon, transfer apples to serving dish, garnish with orange peel and serve. Makes 6 servings.

PEACH BAKED APPLES

- 6 medium apples (suggested: Empire, Gala, Golden Delicious, Ida Red, Jonagold, Jonathan, McIntosh, or Rome)
- 1/4 C peach preserves
- 1/4 t cinnamon
- 1/4 C apple cider or apple juice
- 3/4 C crumbled chewy oatmeal cookies

Cut apples in half and core. Place in 13 x 9 x 2 inch baking pan, cut side up. Combine preserves, cinnamon and apple juice or cider. Drizzle over cut sides of apples. Cover pan tightly with foil. Bake in 350 oven about 35 minutes or until apples are just tender. Sprinkle crumbled cookies over cut surface of apples and drizzle with preserve mixture in bottom of pan. Bake 5 minutes longer, uncovered. Serve warm or cold. Can be topped with whipped topping or frozen vanilla yogurt, if desired. Makes 6 servings. This is an official 5 A Day recipe.

POACHED GOLDENS WITH CRANBERRY SAUCE

- 1/3 C whole cranberry sauce
- 1/4 t grated orange peel
- 1/8 t ground nutmeg
- 3/4 C water
- 1/2 C orange juice
- 1/3 C sugar
- 2 large Golden Delicious apples

Combine cranberry sauce, orange peel and nutmeg. Combine water, orange juice and sugar; heat to boiling. Core apples, being careful not to cut through blossom ends. Peel a third of the way down from the stem ends. Place apples in boiling water mixture and simmer until tender, about 20 minutes; remove and drain. Fill centers with cranberry mixture. Serve warm. Makes 4 servings. This is an official 5 A Day recipe.

SAUTEED APPLE SLICES WITH APRICOT SAUCE

- 3 oz. dried apricots (10 large)
- 2 16-oz. cans apricot halves, drained (juice-pak)
- 1/3 C water
- 3 large Greening or Granny Smith apples (1 1/2 pounds total), cored, peeled and cut into 16ths
- 1/3 C sugar
- 1 t vanilla

For apricot sauce: Combine dried apricots in bowl with enough hot water to cover and let stand 10 minutes to soften. Drain thoroughly.

Steel knife: Puree dried apricots in work bowl 10 seconds. Add drained canned apricots and blend 20 seconds. With machine running, add 1/4 cups water and mix well (consistency should be thick but flowing; add remaining water if necessary). Transfer to container. Cover tightly and chill until 15 minutes before serving time.

For apples: Combine apple slices, sugar and vanilla in large skillet. Place over high heat and cook, tossing mixture with spatula, until apples are tender but still crisp, about 3 minutes.

FROSTY APPLE

- Spoon 3 tablespoons apricot sauce on each dessert plate. Arrange 6 warm apples slices on to. Serve immediately. Make 8 servings.
- 1 pint vanilla ice cream
- 1 quart naturally sweet apple cider
- 4-6 scoops vanilla ice cream (optional)
- Freshly ground nutmeg

Let a pint of vanilla ice cream soften at room temperature or microwave for 20 seconds. Put ice cream and cider into a blender or food processor and blend until frothy and well mixed. Stir in nutmeg. Pour into tall glasses and top with a scoop of ice cream, if desired. Sprinkle nutmeg on top. Yield 6 one-cup servings.

APPLE AND PUMPKIN TART

Serve it chilled or warm with a dollop of whipped cream

Canned pumpkin will work for this recipe, but you may want to cook your own, see Pumpkins and More for making a pumpkin puree.

- 1 8-inch frozen pie crust, thawed (Instead of using a frozen commercial piecrust, you can make your own tart shell and chill before adding the filling.)
- 1/2 cups pumpkin puree
- 3 medium cooking apples, peeled, cored and diced
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- (Granny Smith, Jonathan, Cortland or your favorite variety)
- 1/2 cup apple cider
- 2 tablespoons honey
- 1/2 cup sugar
- 2 eggs plus 2 egg whites, slightly beaten
- 1/2 cup currants
- 1 teaspoon cinnamon
- 1/8 teaspoon nutmeg
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried marjoram
- 1/2 teaspoon salt

Thaw crust and press into an 8-inch fluted tart pan. Use a rolling pin to roll over the edges, making crust even with top of tart pan. Place in the freezer while assembling tart filling. Preheat oven to 425 degrees. In a mixing bowl, combine all the tart ingredients and mix well. Scrape the filling into the prepared tart shell. Smooth evenly around the pan. Bake 15 minutes at 425 degrees, then reduce the heat to 350 degrees and continue to bake for 40 minutes. Allow to cool before serving. Top with whipped cream, if desired.

APPLE CRANBERRY CRISP

Use firm cooking apples for making apple crisp—Rome Beauty, Baldwin, Jonathan, Braeburn, or Jonagold. These apples will hold their shape during baking so you do not end up with something that looks like applesauce or puree.

- 1/2 cup all purpose flour
- 1/2 cup old-fashioned oatmeal
- 1/2 cup each, granulated sugar and brown sugar
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1/2 stick (1/4 cup) chilled butter or margarine cut into small pieces
- 7 cups peeled diced apples (about 3 pounds)
- 3 tablespoons apple juice or cider
- 1/2 cup dried cranberries

Preheat oven to 375°F. Lightly coat eight-inch baking dish with cooking spray or oil and set aside. In a bowl, combine flour, oatmeal, brown sugar, granulated sugar, cinnamon, and nutmeg until well blended. Cut in chilled butter using a pastry blender or clean fingers until the mixture is crumbly. In another bowl, combine apples, apple juice and cranberries. Spoon the apple mixture into prepared pan. Sprinkle with crumb mixture. Cover with foil and bake for 30 minutes. Uncover and bake an additional 20 minutes or until golden brown. Serve warm topped with vanilla ice cream or whipped cream.

FRESH APPLE WALNUT CAKE WITH CARMEL NUT TOPPING

Baking apples are best for this recipe-- they are firm and will hold their shape (Golden Delicious, Granny Smith, Stayman, to name a few). Although any apple can be used for cooking, you will get different results.

The cake:

- 2 cups all purpose flour
- 1 cup whole-wheat flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups sugar
- $\frac{3}{4}$ cup corn oil or canola oil
- 1 whole egg plus 3 egg whites
- 2 teaspoons vanilla extract
- 3 medium baking apples, peeled and chopped
- 1 cup finely chopped walnuts
- Icing for cake:
 - $\frac{1}{4}$ cup margarine or butter ($\frac{1}{2}$ stick)
 - $\frac{1}{2}$ cup brown sugar, firmly packed
 - $\frac{1}{3}$ cup fat-free evaporated milk
 - $\frac{1}{4}$ cup chopped walnuts for garnish (optional)

Preheat oven to 350°F. Spray a 13x9-inch baking pan with oil or grease lightly.

In a medium bowl mix flour, baking soda, and salt.

In a large bowl mix sugar, oil, whole egg, egg whites, and vanilla. Beat with an electric mixer or whisk until smooth and light.

Stir in flour mixture. Mix just to combine. Batter is very thick. Fold in apples and nuts.

Spread into prepared pan. Push batter evenly into corners of the pan so the cake will have an even top.

Bake for 30-35 minutes in preheated oven. Remove and cool for 15 minutes. Serve plain, with a sprinkle of powdered sugar, or with topping recipe below.

For the topping:

In a medium saucepan, melt butter or margarine over medium heat. Do not brown the butter.

Stir in brown sugar and milk. Turn heat up to medium high and bring to a boil. Reduce heat to low and simmer gently for 5 minutes. Stirring occasionally.

Pierce warm or cooled cake all over with a skewer or two-tined fork. Drizzle hot topping all over the cake. Garnish with chopped walnuts if desired. Cool for 30 minutes before serving. Makes 20 servings.