

ENTREES

APPLE CHICKEN STIR-FRY

- 1/2 C onion, vertically sliced
- 1 C (2 medium) carrots, thinly sliced
- 1 1/2 t vegetable oil
- 1 t dried basil, crushed
- 1 C fresh or frozen Chinese pea pods
- 1 T water
- 1 medium Golden Delicious or Criterion apple, cored and thinly sliced
- 1 pound cubed boneless, skinless, chicken breast
- 1 T oil
- 2 C cooked rice

Stir fry cubed chicken breast in 1 T vegetable oil in non-stick skillet until lightly browned and cooked. Remove from skillet. 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. Remove from heat; stir in apples. Add to chicken, serve hot over cooked rice. Makes 4 servings. This is an official 5 A Day recipe.

APPLE HALIBUT KABOBS

- 1/2 C dry white wine (chicken broth can be substituted)
- 4 t olive oil
- 2 T lime juice
- 2 T finely chopped onion
- 1/2 t salt
- 1/2 t dried thyme, crushed
- 1/8 t pepper
- 1 C Golden Delicious or Rome Beauty apple, cored and cut in 1 inch cubes
- 1 medium green or sweet red pepper, cut in 1 inch squares and separated
- 1 small onion, cut in 1 inch squares and separated
- 1 pound halibut, cut in 1 to 1 1/2 inch cubes

Combine wine, oil, lime juice, chopped onion, salt, thyme and pepper; mix well. Marinate remaining ingredients in mixture 1 to 2 hours. Thread apple, pepper, onion and halibut on long metal or bamboo skewers; repeat five times on each skewer, ending with apple. Broil or grill 4 to 5 inches from heat 6 to 8 minutes or until fish flakes when tested with a fork. Serve warm or cold. Makes 4 servings. This is an official 5 A Day recipe.

CRUNCHY APPLE SALSA WITH GRILLED CHICKEN

Salsa

- 2 C Gala apples, halved, cored and chopped
- 3/4 C (1 large) Anaheim chile pepper, seeded and chopped
- 1/2 C chopped onion
- 1/4 C lime juice
- salt and pepper to taste

Marinade

- 1/4 C dry white wine
- 1/4 C apple juice
- 1/2 t grated lime peel
- 1/2 t salt
- dash pepper
- 4 medium boneless, skinless chicken breasts

Combine salsa ingredients and mix well; allow flavors to blend about 1/2 hour. Serve over or alongside grilled chicken. Makes 3 C salsa. For grilled chicken combine marinade ingredients, pour over chicken breasts. Marinate for 20 to 30 minutes. Drain and grill over medium-hot coals, turning once, until chicken tests done. Makes 4 servings. This is an official 5 A Day recipe.

FRENCH STYLE CHICKEN WITH APPLES

- 6 boneless, skinless chicken breasts
- 1 sliced onion
- 10 ounce can condensed chicken broth
- 3 T apple brandy, cider or apple juice
- 3 Empire apples, cored and sliced
- 6-8 artichoke hearts, cut in half
- pinch of ground cinnamon, nutmeg, salt and pepper
- minced fresh dill or parsley

Spray a large non-stick skillet with cooking spray. Brown chicken breasts on both sides. Remove chicken from skillet and set aside. Stir in sliced onion, apples, artichokes, broth, juice and spices. Cook 3 minutes. Spread chicken breasts in skillet; arrange apples, onion and artichokes on top. Simmer, covered, about 10 minutes or until chicken is tender and heated through. Sprinkle with salt and pepper. Garnish with fresh parsley or dill and apple slices before serving. Makes 6 servings. This is an official 5 A Day recipe.

GOLDEN APPLE STUFFED FILLETS

- 1 C grated, peeled Golden Delicious apple
- 1/2 C grated carrot
- 1/2 C minced green onion
- 2 T fresh lemon juice
- 1/4 t ground ginger
- 1/4 t ground mustard
- 1/4 t salt
- 1/4 t ground black pepper
- 1/8 t dried thyme
- 4 sole, cod or other white fish fillets (4 to 5 ounces each)
- 1/4 C chicken broth or water

Heat oven to 400; lightly oil small roasting pan. In medium-size bowl, combine apple, carrot, green onion, lemon juice, ginger, mustard, salt, pepper and thyme; mix well. Spread apple mixture evenly over length of fillets; carefully roll up. Place stuffed fillets, seam side down, in oiled pan. Pour broth over rolled fillets; cover with aluminum foil and bake 10 to 15 minutes, or until fish is opaque and barely flakes. Serve. Makes 4 servings. This is an official 5 A Day recipe.

Microwave version: Prepare apple stuffing mixture and roll up fillets as above. Place stuffed fillets, seam side down, in oiled microwave-safe dish. Pour broth over rolled fillets; cover with waxed paper and microwave on HIGH 5 minutes or until fish is opaque and barely flakes. (If microwave does not have carousel, rotate dish halfway through cooking.)

APPLE PIZZA

- 1/2 C lowfat ricotta cheese
- 2 T minced onion
- 1/2 t dried dill weed
- 1 16 ounce pre-cooked pizza crust
- 2 C Golden Delicious, cored and thinly sliced
- 1 C red bell pepper, thinly sliced
- 3/4 C shredded part-skim mozzarella cheese

Combine ricotta cheese, onion and dill; mix well. Spread on pizza crust. Layer apples, and peppers on cheese mixture. Sprinkle with mozzarella cheese on top. Bake at 450 about 7 minutes or until mozzarella cheese melts and pizza is thoroughly heated. Makes 6 servings. This is an official 5 A Day recipe.