

## APPLE CIDER BAKED BEANS

- 2 cups dried white navy beans, picked over, washed and soaked (May substitute canned beans by using three 15 ounce cans of navy beans or great northern beans. Drain and rinse. Proceed with recipe.)
- 1 small onion, diced
- 4 tablespoons molasses
- 8 teaspoons Dijon mustard
- 2 tablespoons tomato paste
- 1/2 teaspoons salt
- 2 teaspoon black pepper
- 2 teaspoon dried thyme
- 1 small bay leaf
- 1 teaspoons cider vinegar
- 4 teaspoons soy sauce
- 1 1/3 cups apple cider, boiling
- Boiling water

To prepare beans:

Pour beans onto a flat surface (countertop) in a single layer. Pick out rocks, dirt balls, off colored and broken beans. Discard. Wash beans in two changes of cold water. Cover with 3 inches of water and allow beans to soak overnight or 8 to 10 hours. (Quick soak method: Cover cleaned beans with 3 inches cold water and bring to a boil over medium heat. Boil for 10 minutes, turn heat off and let stand for 2 hours or more. Proceed as directed below.)

Preheat oven to 250 degrees. Drain beans, reserving liquid. Bring liquid to a boil. Pour beans into a deep oven-proof casserole or bean pot. Add all the ingredients, stir and add enough reserved boiling to cover beans. Cover the casserole with foil or the lid. Bake 6 hours, adding a little more water if necessary after 3 hours of baking. Yield 6 servings.

## ACORN SQUASH AND APPLE PUREE

- 1 acorn squash, halved and the seeds and strings discarded
- 1 Golden Delicious apple, cut into 1-inch pieces
- 1/2 T butter
- freshly grated nutmeg to taste if desired

Arrange the squash, cut sides down, in a glass dish, prick the skin all over with the tip of a sharp knife, and microwave the squash at high power (100%) for 10 minutes. Put the apple in a 1 - or 2 cup glass measuring cup, cover it with microwave-safe plastic wrap, and microwave it and the squash at high power (100%) for 4 to 6 minutes, or until they are tender. Scoop out the squash, discarding their skin, pour off any liquid from the apple, and force the squash and the apple through the medium disk of a food mill into a

bowl. Stir in the butter the nutmeg, and salt and pepper to taste. Makes 2 servings. This is an official 5 a Day recipe.

#### APPLE AND BROWN RICE PILAF

- 1/2 onion, minced
- 1 T vegetable oil
- 1 1/2 C quick cooking brown rice
- 1 1/4 C low sodium chicken broth
- 1/2 t dried thyme, crushed
- salt and pepper to taste
- 2 C Golden Delicious apples, cored and diced
- 2 T parsley, chopped

Saute onion in oil in non-stick skillet until tender; stir in rice and brown slightly. Stir in broth, thyme, salt and pepper; bring to boil. Cover tightly and reduce heat; simmer 15 minutes. Remove from heat; stir in apples and parsley. Serve warm or cold. Makes 4 servings. This is an official 5 A Day recipe.

#### APPLE AND CARROT CASSEROLE

- 6 large carrots
- 5 large Ida Red or Rome apples
- 5 T sugar
- 5 T flour
- 1/2 t nutmeg
- 1 T margarine
- 1/2 C orange juice

Slice carrots thinly and cook in salted water for 5 minutes; drain. Slice apples and cook in clear water 5 minutes; drain. Layer carrots and apples in casserole. Mix sugar, flour and nutmeg; sprinkle on top. Dot with margarine. Pour orange juice over all. (Can be made ahead and baked just before serving). Bake 30-40 minutes in 350 oven. Makes 6 servings. This is an official 5 A Day recipe.

#### APPLE BARLEY PILAF

- 2 T margarine
- 1/4 C finely chopped onion
- 1/2 C uncooked barley
- 1 C low sodium chicken broth
- 1/4 C golden raisins
- 1/4 t dried thyme
- 2 large Golden Delicious apples, cored and finely chopped
- 2 T chopped fresh parsley

In large skillet with tight-fitting lid, melt margarine over medium heat. Add onion and barley; cook, stirring until golden. Add broth, raisins and thyme to barley mixture. Heat to boil; reduce heat to simmer, cover and cook 40 to 45 minutes or until barley is tender and liquid is absorbed. Fold apples and parsley into barley mixture; cook 5 minutes and serve. Makes 4 servings. This is an official 5 A Day recipe.

#### APPLE GLAZED SWEET POTATOES

- 1/2 C apple juice
- 1/4 t cinnamon
- 1/2 t salt
- 6 small sweet potatoes, cooked

Pour apple juice in a frying pan over low heat and stir in cinnamon and salt. Add sweet potatoes. Cook over low heat, turning sweet potatoes several times until they are well coated and most of the juice is absorbed, about 6 minutes. Makes 6 servings. This is an official 5 A Day recipe.

Recipe provided by the American Cancer Society.

#### GERMAN-STYLE COOKED APPLE AND CABBAGE

- 8 C shredded red or green cabbage
- 5 C peeled and sliced Granny Smith apples
- 4 C boiling, salted water
- 4 slices bacon, diced
- 1 C sliced onion
- 2 T cider vinegar
- 2 T sugar
- 1/2 t dried fennel seed, crushed (optional)
- 1/4 t ground black pepper

In large saucepan combine cabbage, apples and water; simmer 5 minutes or until cabbage is barely tender. Drain and remove cabbage and apple mixture to serving bowl. In large skillet, fry bacon and onion until onion is tender; stir in vinegar, sugar and fennel seed, if desired. Cook 2 minutes. Pour bacon mixture over cabbage and apple; mix lightly and serve. Makes 6 servings. This is an official 5 A Day recipe.

#### GLAZED APPLES AND RAISINS

- 2 t sweet butter
- 1 t canola oil
- 3/4 t ground cinnamon
- 1/2 t ground ginger
- 1/4 t ground cloves

- 3 large apples, cored and cut into 1/2-inch slices (about 1 1/2 lbs.)
- 3/4 C orange juice
- 1/4 C golden raisins

In a large nonstick skillet heat the butter and oil over medium heat; stir in the cinnamon, ginger, and cloves until blended. Stir in the apples, and cook, stirring constantly to coat the apples evenly with the spice mixture, for 2 minutes. Add the remaining ingredients. Reduce heat, over partially, and simmer for about 10 minutes, or until apples are tender. Remove from heat. Let cool slightly and serve warm, or at room temperature. Makes 4 servings. This is an official 5 A Day recipe.

Microwave Preparation:

In a shallow 3-quart microwavable casserole combine the butter, oil, cinnamon, ginger, and cloves; microwave on HIGH, uncovered, for 1 minute. Stir in the remaining ingredients. Cover partially with lid or vented plastic wrap. Microwave on MEDIUM-HIGH for 6 minutes, or until apples are almost tender. Let stand for 2 minutes. Makes 4 servings. This is an official 5 A Day recipe.

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### GOLDEN APPLES AND YAMS

- 2 large yams or sweet potatoes
- 2 Golden Delicious apples, cored and sliced crosswise into rings
- 1/4 C firmly packed brown sugar
- 1 t cornstarch
- 1/8 t ground cloves
- 1/2 C orange juice
- 2 T chopped pecans or walnuts

Heat oven to 400. Bake yams 50 minutes or until soft but still retains shape. (This can also be done in microwave.) Cool yams until they can be handled. Reduce oven to 350. Peel and slice yams crosswise. In shallow 1-quart baking dish, alternate apple rings and yam slices, overlapping their edges slightly. In small saucepan, combine sugar, cornstarch and cloves; stir in orange juice and blend. Heat orange juice mixture, stirring, until thickened; pour over apples and yams. Top casserole with nuts and bake 20 minutes or until apples and yams are tender. Serve. Makes 6 servings. This is an official 5 A Day recipe.

### SQUASH AND APPLE BAKE

- 2 Sweet Dumpling or Golden Nugget squash (about 1 1/4 pounds each)
- 1 T vegetable oil
- 1 T lemon juice

- 1 large Granny Smith apple, cored and diced
- 1 medium leek, white part only, thinly sliced
- 1/2 t salt
- 1/4 t ground cinnamon
- 1/4 t ground nutmeg
- 1/8 t ground allspice
- 1/8 t ground white pepper

Pierce the squash in 3 or 4 places with the tip of a sharp knife. Place the squash on a double layer of paper towels on the floor of the oven. Microwave on high for 4 minutes. Turn the squash and microwave on high for 4 to 6 minutes longer, or until it just begins to feel soft when gently squeezed. Let stand until cooled, about 5 minutes.

Meanwhile, in a 2-quart oval casserole or 9-inch glass pie plate, combine the oil, lemon juice, apple, leek, salt, cinnamon, nutmeg, allspice, and pepper. Cover tightly with a lid or vented plastic wrap. Microwave on high for 5 minutes, or until the apple and leek are quite soft.

Cut the squash in half and scoop out the seeds. Scoop the pulp from the squash into the casserole with the apple mixture. Mash the squash with the back of a spoon while stirring in the apple and leek to combine. Spoon the mixture back into the casserole or pie plate.

Cover loosely with a lid or vented plastic wrap. Microwave on high for 4 to 6 minutes, or until heated through. Makes 4 servings. This is an official 5 A Day recipe.

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### SWEET POTATOES AND APPLES

- 1 1/2 pounds sweet potatoes
- 3 tart apples, unpeeled, cored and sliced
- 3/4 C orange juice
- 3/4 t grated fresh ginger
- 1/2 t cinnamon
- 1/4 t allspice
- 1/4 t nutmeg

In a medium saucepan, cook unpeeled potatoes in boiling water 25 minutes.

In a medium skillet, over high heat, heat apples and orange juice with ginger, cinnamon, allspice and nutmeg. Cover and cook until apples soften, 3 to 5 minutes. Uncover and reduce heat; simmer apples a few minutes longer.

Peel and slice cooked sweet potatoes and add to apple mixture. Mix gently and heat thoroughly. Makes 6 servings. This is an official 5 a Day recipe.

Nutritional analysis per serving: Calories, 182; Fiber, 5.35 g.; Cholesterol, 0 mg.; Sodium, 18 mg. Percent calories from: Protein, 5%; Carbohydrate, 91%; Fat, 4%.

### SWEET POTATOES AND APPLES WITH BROWN SUGAR

- 1 1/2 pounds sweet potatoes
- 3 Cortland, Crispin or Ida Red apples, cored and sliced
- 3/4 C orange juice
- 3/4 t grated fresh ginger
- 1/2 t cinnamon
- 1/4 t allspice
- 1/4 t nutmeg
- 2 T brown sugar
- 1/2 C nuts, chopped

In a medium saucepan, cook unpeeled potatoes in boiling water for 25 minutes. Drain and cool slightly. In a medium skillet, over high heat, heat apples and orange juice with ginger, cinnamon, allspice, and nutmeg. Cover and cook until apples soften, 3-5 minutes. Uncover and reduce heat; simmer apples a few minutes longer. While apples are cooking, peel and slice cooked sweet potatoes. Place in casserole dish, alternating apples and sliced sweet potatoes. Sprinkle with brown sugar and nuts and heat in microwave 4 to 5 minutes. Makes 6 servings. This is an official 5 A Day recipe.

## SOUPS

### APPLE FENNEL SOUP

- 2 C low sodium chicken broth
- 2 C water
- 1/2 C white wine
- 2 Golden Delicious apples, peeled, cored and chopped
- 1 C thinly sliced carrots
- 1 small onion, thinly sliced
- 1/2 C chopped fresh fennel
- 1 bay leaf
- 1/4 t dried thyme leaves
- 6 peppercorns
- low-fat plain yogurt (optional)

In large pot, combine broth, water, wine, apples, carrots, onion, fennel, bay leaf, thyme and peppercorns; bring to boil. Reduce heat and simmer, covered, 20 minutes. Strain

soup, reserving liquid. Remove bay leaf from apple-vegetable mixture in strainer. In blender or food processor, puree mixture; add reserved liquid and blend well. Reheat soup, if necessary, ladle into soup bowls and serve with a dollop of yogurt if desired. Makes 4 servings. This is an official 5 A Day recipe.

### SILKY SWEET POTATO AND APPLE BISQUE

- 1 T canola oil
- 2 C chopped onion
- 2 lbs. sweet potatoes, peeled and cut into 1-inch cubes
- 2 Granny Smith apples, cored, peeled, cut into 1-inch cubes (about 12 ozs.)
- 3 C chicken or vegetable broth
- 3/4 apple juice
- 1 t EACH dried thyme and dried basil, crushed
- 1/4 t freshly ground black pepper

In a large saucepan heat the oil over medium-high heat. Add the onion and cook for about 3 minutes, stirring occasionally, until tender. Add remaining ingredients, cover partially, and bring to a boil. Reduce heat and simmer for about 15 minutes, or until the potatoes are tender. Cool slightly. In the workbowl of a food processor, puree soup in several batches (depending on the size of your processor) until smooth. Return the soup to the pan, and heat until warmed through. Makes 6 servings. This is an official 5 A Day recipe.

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