

APPLE

Types

There are three main apple types:

those that are primarily for fresh eating;

those that are better for cooking into

sauces, pies, etc.; and those that are specifically for hard cider.

Selection Info

Apples should smell fresh and their

stems should be intact. They should

have firm, shiny, and smooth skin.

Avoid apples with bruises.

Preparation

Wash apples under a stream of cold water, and then eat fresh or bake, sauté, or add to a recipe.

To peel an apple, use a Y-shaped

peeler and run it across top and

bottom of the apple. Next, peel from

top to bottom to remove the peel all

the way around the apple.

To core an apple, hold the apple stem

side up, then cut the apple from top

to bottom, positioning knife as close

to core as possible. Cut around all

sides of the stem to remove the core.

Bake: Heat oven to 350°F. Remove part of the core, leaving a well. Stuff the hole with 1 tablespoon butter and 2 tablespoons of brown sugar.

Bake for 15 minutes until sugar is

caramelized and the apple is tender.

Sauté: Melt a teaspoon of butter

in large skillet over medium heat.

Add desired size of apples, and cook,

stirring often until apples are almost

tender (about 6 to 7 minutes). Mix

together corn starch and water, and

add to skillet. Stir in 1 tablespoon of

brown sugar and one teaspoon of

cinnamon. Boil for 2 minutes, stirring

frequently, remove from the pan

and serve.

Storage

Short-Term Storage: Store apples

for up to a month in a plastic bag

in the refrigerator until ready to

use. Keep away from other foods

because apples will absorb their

odors. If apples are fresh and left

on a counter or in the pantry they

should last about 2-4 weeks.

Long-Term Storage: Apples can

be frozen, dried, or canned as jams,

applesauce, apple butter, and other

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CRUNCHY CHICKEN SALAD

Ingredients

- 2 cups cooked chicken (chunked)
- 1/2 cup celery
- 1/4 cup sweet pepper
- 1/4 onion
- 1/2 cucumber
- 1/2 cup grapes
- 1 small apple (diced with the peel left on)
- 1/4 cup plain yogurt

Directions

1. Use leftover cooked chicken, or cook enough chicken to make 2 cups of chicken pieces.
2. Chop the celery and sweet pepper into small pieces.
3. Peel and chop 1/4 of an onion.
4. Peel and chop half of a cucumber.
5. Cut the grapes in half.
6. Chop the apple into half-inch cubes. It's okay to leave the peel on the apple.
7. Place all ingredients in a large bowl, and gently stir until combined.



Learn more about APPLÉ by scanning the QR code above or by visiting <https://extension.purdue.edu/foodinj/food/pfp/food-apple>.

 **Share your recipes!**

Nutrition Information

Serving Size ¾ cup prepared salad

Nutrients	Amount
Total Calories	125
Protein	18g
Carbohydrates	8g
Dietary Fiber	1g
Total Fat	2g
Saturated Fat	1g
Cholesterol	46mg
Sodium	232mg

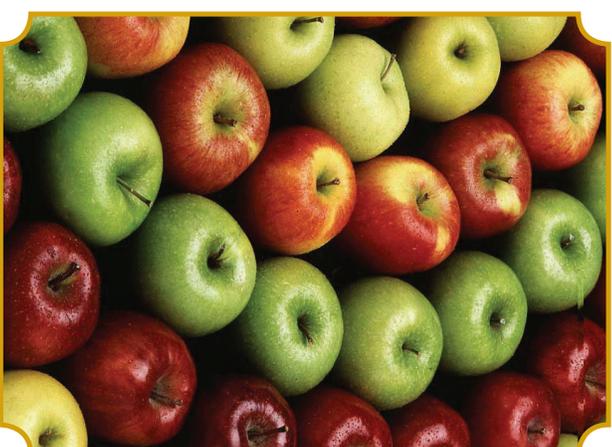
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