

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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APPLE AND CHICKEN SALAD

Ingredients

- 2 red apples (such as Cameo)
- 2 celery stalks (diced)
- 2 cups cooked skinless chicken breasts (about 2 breasts)
- 1/4 cup plain nonfat Greek yogurt
- 1/2 cup raisins
- 1/4 cup mayonnaise
- 1/4 teaspoon salt
- 1/8 teaspoon ground black pepper
- 16 lettuce leaves (bibb, romaine, green or red leaf)

Directions

1. Cook chicken by grilling, roasting, or pan frying. Allow chicken to cool, then cut into half-inch cubes. You can cook the chicken ahead and refrigerate it up to three days before serving.
2. Cut apples in quarters, remove core, and cut into half-inch cubes.
3. Add the yogurt, mayonnaise, salt, and pepper to a medium mixing bowl. Stir or whisk until combined.
4. Add the apples, celery, chicken, and raisins to the bowl and gently stir them into the yogurt mixture until they are well-coated.
5. Arrange lettuce on serving plates and top with mixture from bowl to serve.



Learn more about APPLE 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	1/4 recipe, 4 servings	Amount	% Daily Value
Nutrients			
Total Calories	290		
Protein	25g		
Carbohydrates	34g		
Dietary Fiber	4g		
Total Sugars	12g		
Total Fat	8g		
Saturated Fat	1.5g		
Cholesterol	65mg		
Minerals			
Calcium	56mg		
Sodium	330mg		
Iron	2mg		
Vitamins			
Vitamin A	70mcgRAE		
Vitamin C	7mg		

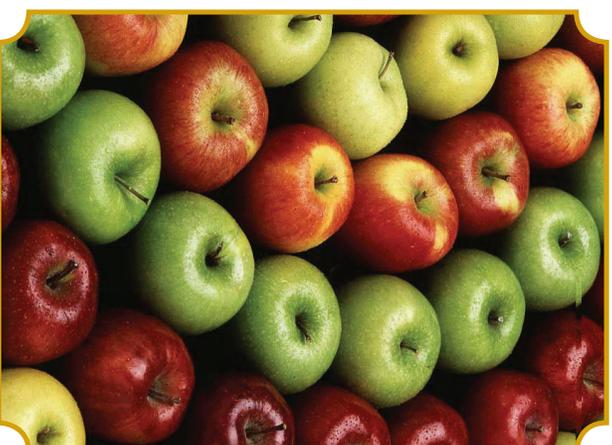
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