

## 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 recipes.



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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/foodlink/food.php?food=apple>.

**Share your recipes!**

Nutrition Information		
Serving Size	¼ recipe, 4 servings	
<b>Nutrients</b>	<b>Amount</b>	<b>% Daily Value</b>
Total Calories	290	
Protein	25g	
Carbohydrates	34g	
Dietary Fiber	4g	
Total Sugars	12g	
Total Fat	8g	
Saturated Fat	1.5g	
Cholesterol	65mg	
<b>Minerals</b>		
Calcium	56mg	
Sodium	330mg	
Iron	2mg	
<b>Vitamins</b>		
Vitamin A	70mcgRAE	
Vitamin C	7mg	

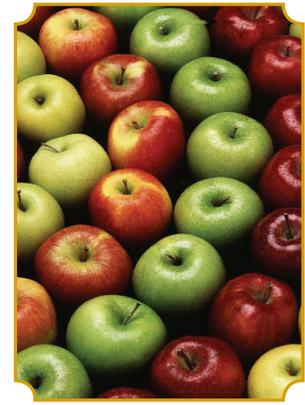
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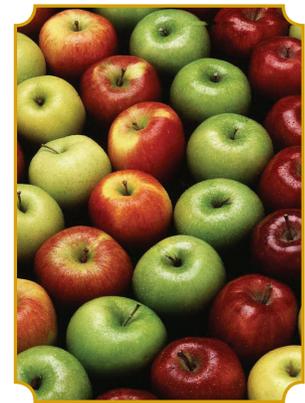
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