



Although apples are available all year, they always seem to be the favorite fruit of the fall harvest.

As far as keeping the doctor away, apples couldn't hurt. With only about 80 calories and virtually no fat or cholesterol, a medium apple has calcium, copper, magnesium, potassium, phosphorus, vitamins B and C, and about 5 grams of fiber.

APPLE CRUMBLE

How Do You Like Them Apples?

Thursday, 11 October 2012 12:29

3/4 cup flour

1/2 cup sugar

1/4 teaspoon cinnamon

1/4 teaspoon salt

1/2 cup chilled butter, cut in pieces

4 Golden Delicious (or similar) apples peeled, cored and sliced

1 tablespoon lemon juice

1/4 cup water

Whipped cream or vanilla ice cream, if desired

Preheat oven to 425°F.

To make the topping, stir together the flour, sugar, cinnamon and salt.

Add the butter and, with a pastry blender or your fingertips (or in a food processor), blend it into the dry ingredients until the mixture resembles coarse crumbs; set aside.

Place the apple slices in a 1-1/2-quart baking dish, pour the lemon juice and water over them, and spread the topping evenly over the fruit.

Bake for 15 minutes, then reduce oven temperature to 350°F and bake 20 to 25 minutes longer, until the top is golden and the apples are tender. Serve with whipped cream or vanilla ice cream, if desired. Serves 4.

FRESH APPLE SALSA

How Do You Like Them Apples?

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2 cups diced, peeled Fuji or Gala apple

1/2 cup diced red bell pepper

1/3 cup fresh lime juice

1/4 cup diced red onion

1/4 cup minced fresh cilantro

1 tablespoon honey

1/4 teaspoon salt

1/4 teaspoon freshly ground black pepper

1 jalapeño pepper, seeded and minced

Combine all ingredients, stirring well. Serve with pork or roast chicken. Yields 12 servings.

APPLE COLESLAW

2 Golden Delicious apples, cored and grated

3 cups finely shredded cabbage

1 cup grated carrots

1 red bell pepper, thinly sliced

1/3 cup mayonnaise

1 tablespoon white wine vinegar

1 tablespoon sour cream

2 teaspoons Dijon mustard

Dash sugar

Salt and pepper

In a large bowl, combine apples, cabbage, carrots and bell pepper.

In a small bowl, combine mayonnaise, vinegar, sour cream, mustard and sugar. Season to taste with salt and pepper. Add to salad and toss to coat evenly. Serves 6-8.

BAKED APPLES

6 large baking apples

1/2 cup raisins

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3/4 cup brown sugar, firmly packed

1/2 teaspoon cinnamon

1/4 teaspoon nutmeg

1 tablespoon butter

Wash and core apples, then remove a 1-inch strip of peel around the middle of each apple; place in a 2-quart shallow baking dish.

Combine sugar, raisins, cinnamon, nutmeg and brown sugar in a small bowl; fill the center of each apple and dot with 1/2 teaspoon of the butter. Add just enough water to baking dish to cover the bottom of the dish; bake, uncovered, at 350°F for about 30 minutes, or until apples are tender. Baste with juices occasionally. Serve warm with a dollop of sweetened whipped cream.

APPLE FRITTERS

How Do You Like Them Apples?

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3 apples peeled, cored and sliced horizontally, about 1/4-inch thick

2 tablespoons oil

1 egg, beaten

1/2 cup milk

2 teaspoons sugar

1 teaspoon cinnamon

1 cup sour cream

1 cup self-rising flour

Powdered sugar, optional

Heat 2 tablespoons oil to 375°F. □

In a bowl, combine the beaten egg, milk, sugar, cinnamon and sour cream. Mix well and add flour.

Dip apples in batter and carefully place in oil. Cook for 1 to 2 minutes. Turn and cook 1 to 2 minutes more. Remove fritters and drain. Sprinkle with powdered sugar, if desired. Serve warm. Yields about 20 fritters.

CHUNKY APPLE MUFFINS

4 cups peeled Granny Smith apples, 1/4 inch dice

1 cup sugar

2 large eggs, beaten lightly

1/2 cup canola oil

2 teaspoons vanilla

2 cups flour

2 teaspoons baking soda

2 teaspoons cinnamon

1 teaspoon salt

1 cup raisins

1 cup chopped walnuts

In a large bowl, toss together the apples and the sugar. In a small bowl, whisk together the eggs, the oil, and the vanilla. In a third bowl, stir together well with a fork the flour, baking soda, cinnamon and salt.

Stir the egg mixture into the apple mixture; add the flour and stir the batter until just combined. Batter will be stiff. Stir in raisins and walnuts.

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Divide the batter between 16 greased muffin tins. Bake in a preheated 325°F oven for 25-30 minutes. Best eaten right from the oven.