

# Great Apple Recipes



## GOLDEN APPLE OATMEAL

1/2 C (about 1/2 medium) diced Golden Delicious apple  
1/3 C each apple juice and water  
1/8 t salt (optional)  
Dash each ground cinnamon and nutmeg  
1/3 C quick-cooking rolled oats, uncooked



Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving. Makes a 1 C serving. *This is an official 5 a Day recipe.*

**Nutritional analysis per serving: Calories, 180; Fiber, 4 g.; Cholesterol, 0; Sodium, 25 mg. Percent calories from: Protein, 10%; Carbohydrate, 80%; Fat, 10%.**

## APPLE BROCCOLI SALAD

2 McIntosh, Empire or Cortland apples  
3 C fresh raw broccoli, cut up  
1/4 C chopped walnuts  
1 T chopped red onion  
1/3 C raisins  
1/2 C vanilla low-fat yogurt



Core and chop apples. Mix all ingredients together. Serve on a bed of lettuce. Makes 4 to 6 servings. *This is an official 5 A Day recipe. Recipe provided by the New York Apple Association.*

**Nutritional analysis per serving: Calories, 118; Fat, 4 g; Cholesterol, 1 g; Fiber, 2 g; Sodium, 27 mg; Percent calories from fat, 28%.**

## APPLE-GRAPE SALAD

1 envelope unflavored gelatin (1 T)  
1/4 C water  
1 1/2 C apple juice  
1 Honeycrisp apple, unpared, diced  
1/2 C red grapes, halved seeded  
1/4 C chopped celery



Soften gelatin in water for 5 minutes. Heat gelatin over low heat, stirring constantly, until dissolved. Add apple juice. Chill until mixture begins to thicken. Stir in fruit and celery. Pour into 3-cup mold. Chill until set. Makes 4 servings. *This is an official 5 a Day recipe.*

**Nutritional analysis per serving: Calories, 80; Cholesterol, 0; Sodium, 10 mg.; Fat, Trace.**

## APPLE CHICKEN STIR-FRY

1/2 C onion, vertically sliced  
1 C (2 medium) carrots, thinly sliced  
1 1/2 t vegetable oil  
1 t dried basil, crushed  
1 C fresh or frozen Chinese pea pods  
1 T water  
1 medium Golden Delicious apple, cored and thinly sliced



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1 pound cubed boneless, skinless, chicken breast  
1 T oil  
2 C cooked rice

Stir fry cubed chicken breast in 1 T vegetable oil in non-stick skillet until lightly browned and cooked. Remove from skillet. Stir-fry onion, carrots and basil in oil in same skillet until carrots are tender. Stir in pea pods and water; stir-fry 2 minutes. Remove from heat; stir in apples. Add to chicken, serve hot over cooked rice. Makes 4 servings. *This is an official 5 A Day recipe. Recipe provided by the Washington Apple Commission.*

**Nutrient Analysis Per Serving:** Calories, 365; Fat, 9 g; Cholesterol, 62 mg; Fiber, 3 g; Sodium, 71 mg; Percent calories from Fat, 22%.

## GOLDEN SPICED BAKED APPLES

1/2 C sugar  
2 T all-purpose flour  
1 1/2 t ground cinnamon  
6 Golden Delicious apples  
2 T melted margarine  
1/3 C chopped walnuts



Heat oven to 350. In pie plate or shallow dish, combine sugar, flour and cinnamon, mixing well. Peel and partially core apples, leaving bottom end of apple cores in place. Dip apples in melted margarine, then roll in sugar mixture. Place coated apples in shallow baking dish. Combine walnuts, remaining margarine and remaining sugar mixture; spoon into centers of apples. Add water to just cover bottom of baking dish. Bake 45 minutes or until apples are tender. Makes 6 servings. *This is an official 5 A Day recipe. Recipe provided by the Washington Apple Commission.*

Microwave version: Coat and fill apples as directed above; place in microwave-safe baking dish. (Omit adding water to dish.) Microwave, uncovered, on high (100 percent) 11 to 12 minutes or until apples are tender. (If microwave does not have carousel, rotate dish one-quarter turn every 3 minutes.) If necessary, loosely cover apples with waxed paper to prevent spattering. Let apples stand 3 to 5 minutes before serving.

**Nutrient Analysis Per Serving:** Calories, 274; Fat, 9 g; Cholesterol, 0 mg; Fiber, 5 g;

## SNACKIN' YOGURT

6 to 8 ounces unflavored nonfat yogurt  
2 dried figs, sliced  
1/4 red apple, cored, diced  
1/2 small banana, sliced  
2 T granola  
1 T toasted pecans, chopped  
2 T maple syrup



Freeze yogurt about one hour. Remove lid and invert over small bowl. Puncture bottom of container and shake to loosen contents. Remove carton or spoon yogurt into bowl. Top with dried figs, apple, banana, granola and pecans. Pour on maple syrup. Makes 1 serving. *This is an official 5 A Day recipe.*

**Nutritional analysis per serving.** Calories, 494; Fat, 9 g; Cholesterol, 4 mg; Fiber, 6 g; Sodium, 178 mg. Percent calories from Fat, 16%.



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