

Apple Recipes



Apple and Sunflower Seed Salad



Apples and Creamy Dip



Crock Pot Apple Sauce



Sauteed Apple Chicken Tacos



Apple Pie Crescents



Graham Cracker Apple Crisp

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Measurement Guidelines for Apples

- One pound of apples = approx. 2 large, 3 medium, or 4 small
- One medium apple (tennis ball size) = 1 cup chopped apple
- One pound of apples = approx. 3 cups chopped apple or 2 ½ cups of sliced apple
- Two pounds of apples are enough for an average 9" pie

Suggested Uses for Apples

Try a mixture of apples in a single recipe. Experiment and find the ones that best suit your personal taste.

Fresh Eating*	Baking*	Pies*	Sauces*
Empire	Baldwin	Baldwin	Fuji
Fuji	Cortland	Cortland	Gala
Gala	Crispin	Jazz	Jonathan
Haralson	Jonagold	Jonagold	McIntosh
Jonagold	Jonathan	Jonathan	Pink Lady
McIntosh	Rome Beauty	Rome Beauty	Sweet Tango

*Braeburn, Cameo, Golden Delicious, Granny Smith, and Honey Crisp will work well in all recipes.

Apple and Sunflower Seed Salad

You will need:

2 green or tart apples, washed, cored, and cubed ½ cup sunflower seeds 2 dill pickles, diced
 1 head romaine lettuce, rinsed, dried, and chopped 2 tomatoes, diced ½ cup ranch-style dressing

Instructions:

- In a large bowl, mix together the apples, sunflower seeds, lettuce, pickles, and tomato.
- Pour dressing on top and enjoy!

Apples with Creamy Dip

You will need:

¼ cup creamy peanut butter 2 tbsp. orange juice
 ½ cup low fat vanilla yogurt or 1 (5.3 oz.) fruit-on-the-bottom Greek non-fat yogurt (optional)

Instructions:

- In a small bowl, mix peanut butter and orange juice until smooth. Stir in vanilla yogurt or combine the peanut butter with 1 (5.3 oz.) fruit-on-the-bottom Greek nonfat yogurt.
- Cover and place in refrigerator until well chilled.
- Serve with fresh or dehydrated apples.

Crock Pot Apple Sauce

You will need:

4 lbs. tart apples cored and thinly sliced $\frac{1}{2}$ cup sugar, (white or brown) $\frac{1}{2}$ tsp. cinnamon
 $\frac{1}{2}$ cup water 1 $\frac{1}{2}$ tbsp. lemon juice

Instructions:

- Mix apples (about 12 cups) with cinnamon and sugar; put into a 3 $\frac{1}{2}$ - 4 quart crock pot.
- Pour water and lemon juice over apples. Cover and cook on HIGH for 3 hours until apples are tender.
- Mash according to desired texture. Serve the applesauce warm or cold.

Sautéed Apple Chicken Tacos

You will need:

1 lb. boneless chicken breast, cut into bite size pieces 1 tbsp. olive oil
 $\frac{1}{2}$ tsp. salt $\frac{1}{2}$ tsp. ground nutmeg $\frac{1}{2}$ tsp. ground black pepper
1 tbsp. butter 2 cups thinly sliced onions 2 garlic cloves, minced
2 cups thinly sliced and peeled tart apples 8 (6-inch) tortillas

Instructions:

- Heat oil in a non-stick skillet over medium-high heat. Sprinkle chicken with salt, nutmeg, and pepper.
- Add chicken to pan; sauté 7 minutes or until golden brown. Remove chicken from pan; keep warm.
- Melt butter in pan over medium heat. Add onion; cook 4 minutes or until tender, stirring frequently.
- Add garlic; cook 30 seconds, stirring constantly. Return chicken to pan; cook 2 minutes until mixed.
- Heat tortillas according to package instructions. Arrange mixture evenly over each tortilla.

Apple Pie Crescents

You will need:

1 medium baking apple; peeled, cored, cut into 8 slices 1 tube refrigerated big and flaky crescent dinner rolls
 $\frac{1}{3}$ cup packed brown sugar 1 tbsp. apple pie spice 4 tbsp. butter, melted

Instructions:

- Preheat oven to 375 degrees F. Line cookie sheet with parchment paper or grease the sheet.
- In a small bowl, toss the apple slices in 1 tbsp. of the melted butter; set aside.
- Separate the dough into 8 triangles. In a small bowl, mix sugar and apple pie spice.
- Divide mixture evenly among triangles. Top each triangle with apple slice.
- Starting at the short side of each triangle, wrap the dough around the apple. Place on cookie sheet.
- Brush with remaining 2 tbsp. of melted butter.
- Bake 10 - 12 minutes or until crescents are deep golden brown and apples are softened. Let cool.

Graham Cracker Apple Crisp

You will need:

enough apples to fill an 8x8 inch pan $\frac{1}{4}$ cup sugar $\frac{1}{2}$ cup hot water
1 cup sugar $\frac{1}{2}$ cup flour $\frac{1}{2}$ tsp. cinnamon
1 cup graham cracker crumbs $\frac{1}{4}$ tsp. salt 1 cup chopped walnuts or pecans
 $\frac{1}{2}$ cup butter

Instructions:

- Peel and slice enough apples to fill an 8x8 inch pan.
- Combine hot water and $\frac{1}{4}$ cup sugar and pour over the apples.
- In a bowl, mix together the 1 cup sugar, flour, cinnamon, salt, crumbs, and nuts.
- Melt the butter and mix it together with the graham crumb mixture.
- Sprinkle mixture over the apples, distributing it evenly.
- Bake in 300 degrees F oven for 60 minutes or until apples are tender.