Eating an apple a day is good advice. Apples can play an important role in decreasing the risk of certain cancers and heart disease, and reducing blood pressure in people with hypertension, thanks to high concentrations of antioxidants and fiber. Recent research also points to the potential of eating apples to improve memory.

Apples are among the top 20 foods with the highest antioxidant concentration. They contain quercetin which is a powerful flavonoid antioxidant. Apples are especially high in soluble fiber, which aids the regulation of cholesterol by preventing fatty buildup in the blood vessels, thus promoting heart health. Eat apples with the skin on to get the most antioxidant, fiber and nutrient benefit.

Grab an apple for a snack. If you are looking to downsize your waistline, apples are your answer. Apples contain only 80 calories, but fill you up with their high fiber content. One apple has as much fiber as a bowl of bran cereal.

**Apple Nutrition**

One medium-sized apple is:

- A good source of vitamin C when eaten with the skin
- Only 80 calories
- A good source of both soluble and insoluble fiber

**Selecting and Storing Apples**

Apples stay crisp and crunchy when stored properly at home. Refrigerate in the crisper section.

- Cool air maintains quality, juiciness and crispness. Apples stored at room temperature deteriorate ten times faster than refrigerated apples. Apples store best near 32 degrees.
- Handle apples gently to prevent bruising.
- Don’t store apples with broccoli, cabbage, cauliflower, cucumbers or leafy greens. Apples give off a gas that can damage these vegetables.
Minnesota Apples

Wonderful, delicious varieties of apples are marketed today. Apples have different characters depending on if they are early, mid-season, or late-season maturing. Some apples are grown for eating, while others are grown for baking. Three excellent Minnesota apples are Honeycrisp, Haralson, and Honeygold.

Honeycrisp is perhaps Minnesota's premier eating apple. It is sweet, crisp, and an excellent keeper.

Haralson is one of Minnesota's favorites. It has tart flavor, good storage and is excellent for cooking.

Honeygold is a tasty, yellow apple with an excellent sweet flavor and a crisp texture.

Apple Waldorf Salad

Ingredients:
2 cups diced apples
1 cup diced celery
1/2 cup raisins
1/2 cup nuts
2 Tablespoons salad dressing or mayonnaise
1 Tablespoon orange juice

Directions:
1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, raisins and nuts with the dressing mixture.

Serving Size: 1/2 cup
Yield: 8 servings

Apple-Carrot Salad

Ingredients:
3 cups diced apples
1/3 cup salad dressing
1 large carrot, grated
1/3 cup raisins
1 tablespoon lemon juice
1/8 teaspoon salt

Directions:
1. Combine all ingredients and mix well.
2. Refrigerate left over salad.

Serves 8.
**Applesauce**

**Ingredients:**
- 7 apples—cut in quarters
- 1/2 cup water
- 1/4 cup sugar

**Serving size:** 1/2 cup  
**Yield:** 10 servings

**Directions:**
1. Wash and peel apples. Cut apples in quarters.  
2. Combine apples and water in saucepan. Heat to boiling. Turn heat to low as soon as the water is boiling.  
3. Simmer over low heat for 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.  
4. Stir in sugar and heat until sugar is dissolved.  
5. Serving suggestion—add 1 tablespoon cinnamon.

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**Apple Crisp**

**Ingredients:**
- 4-5 medium apples  
- 1/4 cup quick cooking oatmeal  
- 1/4 cup flour  
- 1/2 cup brown sugar  
- 1 Tablespoon cinnamon  
- 1/4 cup margarine

**Serves 8**

**Instructions:**
1. Preheat the oven to 350 degrees F.  
2. Grease the bottom and sides of 9 x 9 square pan.  
3. Remove the cores from the apples. Slice the apples.  
4. Spread the sliced apples on the bottom of the pan.  
5. Cut the margarine into small pieces and put in a medium-sized bowl.  
6. Add the oatmeal, flour, brown sugar and cinnamon.  
7. Using two knives, cut the margarine into the mixture until it looks like small crumbs.  
8. Sprinkle the mixture over the top of the apples.  
9. Bake in the oven for about 20 minutes.

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**Microwaved Baked Apples**

**Ingredients:**
- 1 apple  
- 1 tablespoon brown sugar  
- 1/2 teaspoon nutmeg  
- 1/2 teaspoon cinnamon  
- 1 teaspoon butter or margarine

**Serves 1**

**Directions:**
1. Core the apple, leaving the bottom intact.  
2. In a bowl, mix sugar, nutmeg and cinnamon. Spoon sugar mixture into the apple and set butter on top.  
3. Place in a microwavable dish and cover. Cook for 3-4 minutes or until tender. Let sit for 2 minutes before serving.

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Apple juice or apple cider contain beneficial phytonutrients. Enjoy 100% juice from different fruits to get a balance of phytonutrients, minerals and vitamins.
HOW TO FREEZE APPLES

Here are two methods for freezing apples.

1. Peel, core, and cut into slices. A commercially available ascorbic acid powder to prevent browning may be used. Fill container with slices, seal, label, date, and freeze.

2. Peel, core and slice apples. Soak in weak brine (1/2 cup salt in 1 gallon water) for 15 minutes. Drain and pack into containers. Cover with light sugar syrup with 1/2 teaspoon crystalline ascorbic acid dissolved in it. To prepare light sugar syrup, combine 2 cups of sugar and 4 cups of water in a saucepan and bring to a boil. Boil for 5 minutes. Skim if necessary. Makes five cups of syrup. The ascorbic acid will help keep the apples from darkening. Seal, label, date, and freeze.

To use frozen apple slices in pie, partially thaw and drain. Mix with sugar, spices, and thickener. Use a thickener even if you do not thicken apple pie filling made from fresh slices. Frozen apples release more juice than fresh ones, and you must compensate for the extra liquid.

To freeze applesauce, prepare according to your favorite recipe. Cool and pack in containers, leaving 3/4" headspace. Seal, label, date, and freeze.

Source: University of Minnesota Extension publication: Apples for Minnesota and Their Culinary Uses

Peanut Butter Dip for Apples

Ingredients:  Directions:

1/2 cup water 1. Mix dry milk with water in sauce pan. Add other ingredients.
1/2 cup powder milk 2. Cook over medium heat stirring constantly until just blended.
1 cup peanut butter 3. Remove from heat. Serve!
1/2 cup corn syrup 4. Refrigerate leftover.
1 tsp vanilla

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