FOOD

Apples Apples Apples

Many uses for one of nature's best foods

BY MARY ANN MENENDEZ

What's not to love about apples? If you subtract that one bad apple that will ruin the bounty in the barrel, there's always good taste and good nutrition remaining. Besides, we were all "apples" of someone's eye at one time or

Apples are crunchy, sweet, colorful and one of nature's best little packages. Availability is year-round. Cooks can incorporate this gorgeous fruit into applesauce, apple pie, apple cake, apple cheesecake, apple salad, apple cider, apple juice, apple bread, apple butter, apple fritters, apple muffins, caramel/candy apples, baked apples, apple crisp, apple dumplings, apple jelly, apple brown betty, apple pan dowdy (who came up with these names?), and the list goes on. This round fruit is a great addition to any meal.

Apples provide 8 percent of Vitamin C and 2 percent of iron and Vitamin A. There are 5 grams of dietary fiber. The best news is the crunchy goodness of one apple contains a mere 80 calories without fat, cholesterol or sodium. Apples are a good source of phytochemicals that can act as antioxidants.

No matter how you slice it, making apples a part of your daily dietary intake is some flavorful advice!

Autumn Apple Cak6e

- 1 (18.25 ounce) box spice cake mix
- 1 1/4 cups applesauce
- 1 cup chopped nuts 1/3 cup vegetable oil

Heat oven to 350 degrees. Grease and flour a 13-by-9inch pan. Combine cake mix, eggs, applesauce and oil in large bowl. Beat at medium speed with electric mixer for 2 minutes. Stir in nuts. Pour into pan. Bake for 40 minutes or until wooden pick inserted in center comes out clean. Cool in pan for 15 minutes. Invert onto cooling rack. Turn right side up. Cool completely.

Frosting:

- 1 (16 ounce) container vanilla frosting
- 1/2 teaspoon cinnamon

Combine frosting and cinnamon. Stir until blended. Spread over cooled cake. Dust frosting with a light coat of cinnamon, if desired.

Dutch Apple Supreme

- 1/4 cup butter
- 1 and 1/2 cup graham cracker crumbs 1 (14 oz.) can sweetened condensed milk
- 8 ounces low-fat sour cream
- 3-ounce package low-fat cream cheese 1/4 cup lemon juice
- 1 can apple pie filling
- 1/4 cup chopped walnuts
- 1/2 teaspoon ground cinnamon

Preheat oven to 350 degrees. In a one-and 1/2 guart shallow baking dish, melt butter in oven. Sprinkle in crumbs; stir well. Press on bottom of dish. In medium bowl, mix together sweetened condensed milk, sour cream and lemon juice and cream cheese. Spread evenly over crumbs. Spoon pie filling evenly over creamy layer. Sprinkle with walnuts that have been mixed with the cinnamon. Bake 25 to 30 minutes or until set. May be served warm or cold. Refrigerate left-

Harvest Casserole

1 center slice ham

overs.

- 3 medium sweet potatoes, sliced 1/4-inch thick
- 2 tablespoons light brown sugar, packed
- 1 teaspoon cinnamon 4 apples, quartered
- 3/4 cup hot water

Brown the ham on both sides; place in baking dish. Spread apples and sliced sweet potatoes over ham then sprinkle with brown sugar and cinnamon. Add hot water. Cover and bake at 350 degrees for about 60 minutes, or until tender. Baste occasionally while cooking. Remove cover last 15 minutes.



Red and Green Salad

- 2 apples, cut into cubes
- 1 cup grapes, sliced in half 1/2 cup of chopped celery
- 1/4 cup of chopped walnuts
- 1 teaspoon of lemon juice
- 1/3 cup of low-fat sour cream
- 1/3 cup of plain yogurt

In a large bowl, combine the apples cubes, grapes, celery, walnuts and lemon juice. Mix the yogurt and sour cream. Mix lightly into fruit mix. Refrigerate.

Apple-Sausage Dressing

- 1 small bag stuffing mix
- 1 pound pork breakfast sausage
- 2 onions, diced
- 1 tablespoon poultry seasoning 1 15-ounce jar applésauce
- Salt and pepper, to taste

Fry sausage, remove. Fry 2 onions in drippings. Remove. Save drippings. Toss together stuffing mix, fried sausage and onions, salt, pepper, poultry seasoning and applesauce. Mix well, squeeze and fry in drippings and butter until brown. Serve as a side dish to chicken or turkey.

Apple Delight

- 2 whole apples, sliced thin
- 1 tablespoon honey 2 to 3 pats butter
- Peel apple, quarter, place in microwaveable bowl, top with honey and butter. Cover and cook in microwave for 2 to 3 minutes. Serve with ice cream if desired

Apple Cheddar Breakfast Bake

- 4 apples, peeled and sliced
- 2 tablespoons sugar
- 2 cups shredded sharp cheddar cheese
- 1 pound bacon, fried crisp and crumbled 2 cups baking mix
- 2 cups milk 5 eggs

Preheat oven to 375 degrees. Mix apples and sugar. Arrange in rows in an ungreased 13-by-9-by-2 inch-baking dish. Cover apples with cheese. Sprinkle with bacon. Beat baking mix, milk and eggs until blended. Pour over bacon. Bake 30 to 35 minutes or until lightly browned.

Apple-Cranberry Casserole

- 1 and 1/4 cups whole cranberries
- 1 and 1/2 cups chopped apples, unpeeled 2/3 cup sugar
- 1/2 cup brown sugar
- 1 stick butter
- 1/2 cup oatmeal 2/3 cup flour

Combine cranberries, apples and sugar in an ovenproof baking dish. Mix sugar, butter and oatmeal with flour and pat into dish (mixture will be like a moist paste. Add a tablespoonor two of water, if needed.) Bake at 350 degrees for 45 minutes or until done.





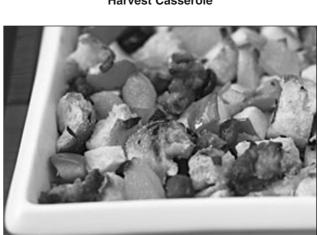
Autumn Apple Cake



Apple Cranberry Casserole



Harvest Casserole



Apple Dressing

