

Apples



Apples are a type of fruit grown on trees. There are over 7,000 apple types that range in color from green to red to yellow. They are the number 1 fruit consumed in the U.S. and are a great source of fiber!

Used in:

Snacks, side dishes, salads, or baked goods

What do they taste like?

Apples are crunchy and juicy. Apples can be tart or sweet or a bit of both. You can eat apples raw or cooked.

How do I store them?

Store in the refrigerator, preferably a crisper drawer, for up to 2 months or in a fruit bowl on the counter for about 1 week.

How do I prepare them?

1. Rinse under cool running water.
2. Core, peel, and slice according to recipe.
3. Sprinkle apple slices with water or lemon juice to prevent browning.

How do I cook them?

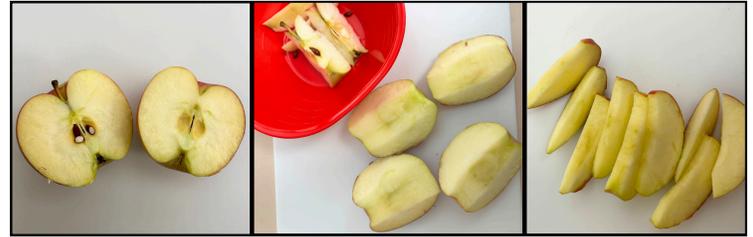
On the stove: Wash, core, peel, & slice apples. Heat skillet/frying pan on medium to medium-high heat, melt some butter, then add apples & spices if desired. Turn the apples occasionally until lightly browned.

In the oven: Heat oven to 350°F. Wash, core & slice apples. You can peel apples if you choose. Butter a baking dish. Add apple slices, a splash of lemon juice, 3 tbsp water/apple juice or cider, desired spices and sugar and toss. Bake covered for about 30 min then uncover and bake for 15 min or until tender.

Seasoning ideas: Sweet: try cinnamon, nutmeg, allspice, ginger, maple syrup, instead of water use apple juice or apple cider.

How do I save and freeze them?

Freeze apples for future use in baked goods, oatmeal, or as applesauce. Peel, core, & slice apples. Dip slices in a bowl of water with a little lemon juice stirred in. The lemon juice will prevent browning. Place apple slices on a tray or baking sheet to freeze and once frozen pack into freezer bag. Label and date. Use within 6 months. Golden Delicious, Rome Beauty, Stayman, Jonathan, & Granny Smith are great varieties for freezing.



For recipes and tips to save time, save money, and eat healthy, visit:
www.SNAPEdNY.org

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This guide has been adapted from the University of Rhode Island SNAP-Ed Program.

Recipes using Apples from SNAP-Ed NY:



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