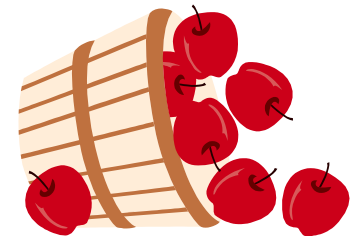


All About Apples

Brought to you by:
Froedtert and Community Memorial
Hospital Dietitians



Fall is upon us and now is the time to visit your favorite apple orchard. Instead of buying the same variety of apples year after year, why not try a new type of apple? Use the following chart to pick the best apple for your kitchen needs.

Variety	Flavor	Texture	Baking	Eating and Salads	Pies	Sauce
Braeburn	Sweet-Tart	Crisp	X	X	X	X
Cortland	Slightly Tart	Slightly Crisp	X	X	X	X
Crispin	Sweet	Crisp	X	X	X	X
Elstar	Sweet-Tart	Crisp	X	X		X
Empire	Sweet-Tart	Crisp	X	X	X	X
Fireside	Slightly Sweet	Slightly Crisp		X		
Fuji	Sweet	Crisp		X		
Gala	Sweet	Crisp		X		X
Ginger Gold	Sweet	Crisp		X		
Golden Delicious	Sweet	Crisp	X	X	X	X
Granny Smith	Tart	Crisp	X	X	X	X
Greening	Tart	Crisp	X		X	X
Honeycrisp	Sweet	Crisp	X	X		X
Ida Red	Slightly Tart	Slightly Crisp	X		X	X
Jonagold	Sweet- Tart	Crisp	X	X	X	X
Jonamac	Sweet-Tart	Crisp		X		X
Jonathan	Slightly Tart	Tender		X	X	X
McIntosh	Sweet-Tart	Tender		X		X
Red Delicious	Sweet	Crisp		X		
Regent	Sweet	Crisp		X	X	
Rome	Slightly Tart	Slightly Crisp	X		X	X
Spartan	Slightly Tart	Tender		X	X	X
Winesap	Slightly Tart	Crisp		X		
York Imperial	Slightly Tart	Slightly Crisp	X	X	X	X

Spicy Autumn Crisp

Tart apple contrasts with the sweet, deep flavors of spices and molasses. Try it with vanilla frozen yogurt.

Topping:

9 gingersnap cookies (such as Nabisco)

1/4 cup granulated sugar

1/4 cup packed light brown sugar

2 tablespoons all-purpose flour

1/4 cup chilled butter or stick margarine, cut into small pieces

Filling:

3 1/2 cups chopped peeled *Granny Smith* apple (about 1 1/2 pounds)

3 1/2 cups coarsely chopped peeled *Bartlett* pear (about 1 1/2 pounds)

1/2 cup chopped pitted dates or golden raisins

1/4 cup molasses

3/4 teaspoon ground cinnamon

1/2 teaspoon ground ginger

1/8 teaspoon ground nutmeg

1/8 teaspoon ground cloves

Preheat oven to 375°.

To prepare topping, place cookies in a food processor; pulse 10 times or until coarse crumbs form to measure 1/2 cup. Combine cookie crumbs, sugars, and flour in a medium bowl; cut in the butter with a pastry blender or 2 knives until mixture is crumbly.

To prepare filling, combine apple and remaining ingredients in a large bowl; toss well. Spoon apple mixture into an 8-inch square baking dish or a 1 1/2-quart casserole. Sprinkle with topping. Bake at 375° for 45 minutes or until bubbly.

Yield: 9 servings

NUTRITION PER SERVING

CALORIES 246(25% from fat); FAT 6.9g (sat 3.6g,mono 2.1g,poly 0.6g); PROTEIN 1.3g; CHOLESTEROL 17mg; CALCIUM 54mg; SODIUM 69mg; FIBER 2.7g; IRON 1.4mg; CARBOHYDRATE 47.9g

Tip from bettycrocker.com and cookinglight.com