

Storage TIPS

- Handle apples gently to prevent bruising
- Store apples in a ventilated plastic bag away from foods with strong odors
- Refrigerate in the crisper section; cool air helps maintain quality, juiciness and crispness

If you eat them quickly, you won't have to store them!

NEW YORK STATE



www.nyapplecountry.com

apples to apples *Guide*

The Best

OF NEW YORK STATE APPLES

OTHER POPULAR VARIETIES



MCINTOSH

(Sweet with a tart tang,
very juicy)



EMPIRE

(Unique sweet/tart taste,
very juicy)



CRISPIN

(Delicately spicy and sweet,
very juicy and crisp)



GALA

(Mildly sweet flavor,
super crisp)



MACOUN

(Extra sweet with a mild,
tart taste, very juicy)



CORTLAND

(Sweet with a hint of
tartness, snow-white flesh)



HONEYCRISP

(Sweet, tart, juicy,
super crisp)



RED DELICIOUS

(Extra sweet flavor, crisp,
yellow flesh)



JONAGOLD

(Honey sweet with a hint
of tartness, juicy)



GOLDEN DELICIOUS

(Mild, sweet flavor,
very crisp)



GINGERGOLD

(Sweet, yet mildly tart, fine
textured and crisp)



FUJI

(Sweet with a hint
of tartness, juicy)



BRAEBURN

Sweet



PAULA RED

Tart



FORTUNE

Sweet-Tart



RED ROME

Tart



IDA RED

Tart



ACEY MAC

Sweet



JONAMAC

Sweet-Tart



20 OUNCE

Tart



= Apple "born" in New York

HOW TO Choose



Recommended for PIES

1. McIntosh
2. Crispin
3. Jonagold
4. Golden Delicious



Recommended for SALADS

1. Empire
2. Honeycrisp
3. Gala
4. Cortland



Recommended for SAUCE

1. McIntosh
2. Crispin
3. Jonagold
4. Red Rome

Choosing a favorite "eating" apple is a personal choice.
Tart, sweet, juicy and crunchy ... you choose!

Health FACTS

- Apples are an excellent source of dietary fiber that can help keep your heart healthy ... and they taste great!
- Eating great-tasting apples regularly may help reduce your risk of some types of cancer.
- Apples may help increase brain activity to improve memory and learning while helping to reduce the risk of Alzheimer's.
- Great-tasting apples contain no fat, sodium or cholesterol. Eating three a day may help control weight.
- Fiber and phytonutrients in apples may help reduce the risk of lung, colon and prostate cancers ... and they taste great!
- According to the USDA, eating apples should be an essential part of your daily diet to maintain good health ... and they taste great!

Nutrition Facts

Serving Size 1 Large Apple
(242g/8 oz)

Amount Per Serving

Calories 130 Calories From Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Potassium 170 mg 7%

Total Carbohydrate 34g 11%

Dietary Fiber 5g 20%

Sugars 25g

Protein 1g

Vitamin A 2% • Vitamin C 8%

Calcium 0% Iron 2%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



APPLE *Recipes*

APPLE PUFF OMELET

- 2 large Fuji* Apples, peeled, cored and thinly sliced
- 1/4 cup sweet butter or margarine
- 1/4 cup brown sugar
- 1 teaspoon ground cinnamon
- 4 large eggs
- 1/4 cup granulated sugar
- 1/4 teaspoon cream of tartar
- 1 tablespoon confectioners' sugar (optional)

Preheat oven to 450 degrees. Heat butter or margarine in a medium-size skillet, and sauté the apples for 5 minutes over low heat. Mix together brown sugar and cinnamon. Sprinkle over apples. Toss and continue to sauté apples for about 10 minutes, until they caramelize. The mixture will be thick and syrupy. Spoon mixture into an 8" x 8" baking dish and keep hot in the oven. Separate eggs. Whisk yolks and the granulated sugar in a small bowl until fairly thick. In a large bowl, beat egg whites with cream of tartar until stiff and shiny. Fold in yolk mixture, a third at a time. Pour egg mixture over the apples and bake for 8-10 minutes. The omelet will be puffed and golden. Remove from the oven and sprinkle with confectioners' sugar. Serve immediately.

Makes 4 servings • Prep & Cook Time: 35-40 minutes

Nutritional Information Per Serving: Calories, 340; Total Fat, 17g; Saturated Fat, 6g; Calories From Fat, 150; Protein, 7g; Carbohydrates, 43g; Cholesterol, 225 mg; Dietary Fiber, 3g; Sodium, 200 mg.

Source: U.S. Apple® Association

** As an alternative, Jonagold Apples add zest and flavor*

TUNA APPLE PITA POCKETS

- 1 small Empire or McIntosh Apple*
- 1 small celery rib, sliced
- 1 teaspoon lemon juice
- 1 small onion, chopped
- 1 (7-ounce) can tuna
- 1 tablespoon fresh dillweed (or 1 teaspoon dried dillweed)
- 1/2 cup mayonnaise
- 4 small pita pockets
- 4 large lettuce leaves

Core and chop the apple into a medium-size bowl. Add celery and sprinkle with lemon juice. Add onion. Drain tuna and add to bowl with dill and mayonnaise. Mix well. Cut the top off each pita bread and place a lettuce leaf in each. Stuff with tuna mixture. Serve.

Makes 4 servings

Prep Time: 15 minutes

Nutritional Information Per Serving:
Calories, 260; Total Fat, 12g; Saturated Fat, 0.5g; Calories From Fat, 110; Protein, 15g; Carbohydrates, 26g; Cholesterol, 30 mg; Dietary Fiber, 3g; Sodium, 600 mg.

** Spritz apples with lemon juice to prevent browning*

NEW YORK TANGY APPLE SALAD

- 3 Cortland* Apples
- 2/3 cup plain low-fat yogurt
- 1 tablespoon orange marmalade
- Freshly ground black pepper to taste
- 4 heads Boston or Bibb lettuce (or 1 head Romaine lettuce)
- 1/4 cup sliced almonds

Mix yogurt with marmalade and pepper. Tear lettuce into bite-size pieces. Cut apples into small cubes. Mix lettuce, apples, almonds and dressing. Serve immediately.

Makes 5 servings

Prep Time: 10 minutes

** You could substitute Honeycrisp Apples because their flesh resists browning*

APPLE-CHEDDAR PIZZA WITH TOASTED PECANS

- 3 large Crispin* Apples, thinly sliced
- 1 (12 ounce can) refrigerated, ready-made pizza dough
- Vegetable oil cooking spray
- 1 cup fresh New York State apple cider
- 1 tablespoon cornstarch
- 1/2 teaspoon ground cinnamon
- 2 tablespoons honey
- 1/4 cup chopped, toasted pecans
- 1 cup grated white Cheddar cheese

Preheat oven to 425 degrees. Lightly coat 14-inch pizza pan with cooking spray. Press dough into pizza pan. Cook apples in apple cider until tender. Drain off cider and reserve. Place apple slices on dough. Dissolve cornstarch in apple cider, cinnamon and honey. Cook over medium heat until clear. Spread sauce over apples. Sprinkle pecans on top. Top with cheese. Bake in 425 degree oven for 15-20 minutes.

Makes 8 servings • Prep & Cook Time: 40 minutes

Nutritional Information Per Serving: Calories, 270; Total Fat, 9g; Saturated Fat, 3.5g; Calories From Fat, 80; Protein, 7g; Carbohydrates, 41g; Cholesterol, 15 mg; Dietary Fiber, 3g; Sodium, 370 mg.

Source: U.S. Apple® Association

* Other choices: Jonagold, Red Rome, Empire

NEW YORK STOVETOP APPLESAUCE

- 6 cups (6 medium) McIntosh, Crispin, Jonagold and Cortland Apples cut into 3/4 inch pieces
- 3/4 cup water
- 1/4 cup Turbinado sugar
- 2 tablespoons fresh lemon juice
- 1/2 teaspoon ground cinnamon

Combine apples, 3/4 cup water and sugar in heavy medium saucepan. Bring to boil, stirring occasionally. Reduce heat, cover and simmer until apples are very tender and skins are softened, about 40 minutes.

Uncover and simmer until almost all liquid in saucepan has evaporated, about 10 minutes. Remove from heat. Stir in lemon juice and cinnamon. Cool 30 minutes.

Using fork or potato masher, mash apple mixture until coarse and chunky. Serve at room temperature or refrigerate until cold.

Makes about 3 cups

APPLE-CHEDDAR PANINI

- 8 slices whole-wheat grain bread
- 1/4 cup low-fat honey mustard
- 2 Golden Delicious* Apples, thinly sliced
- 8 ounces low-fat Cheddar cheese, thinly sliced
- Cooking spray

Preheat nonstick skillet on medium heat. Lightly spread honey mustard evenly over each slice of bread. Layer apple slices and cheese over 4 slices of bread, using about 1/2 apple and 2 ounces of cheese for each sandwich. Top each with remaining bread slices. Lightly coat skillet with cooking spray. Grill each sandwich for 3 to 5 minutes or until the cheese has melted and bread has toasted. Remove from pan and allow to cool slightly before serving.

Makes 4 servings

Prep & Cook Time: 20 minutes

Nutritional Information Per Serving: Calories, 280; Total Fat, 6g; Saturated Fat, 2.5g; Calories From Fat, 190; Protein, 18g; Carbohydrates, 43g; Cholesterol, 10 mg; Dietary Fiber, 12g; Sodium, 570 mg.

Source: U.S. Apple® Association

* Other choices: Cortland, Empire, Ida Red

APPLE CHICKEN STIR-FRY

- 1 lb cubed, boneless, chicken breasts
- 1 tablespoon vegetable oil
- 1/2 cup onion, vertically sliced
- 1 cup (2 medium) carrots, thinly sliced
- 1 teaspoon dried basil, crushed
- 1 1/2 teaspoons vegetable oil
- 1 cup fresh or frozen Chinese pea pods
- 1 tablespoon water
- 1 medium baking apple (Jonagold*), cored and thinly sliced
- 2 cups cooked rice

Stir-fry cubed chicken breast in 1 tablespoon vegetable oil in nonstick skillet until lightly browned and cooked. Remove from skillet. Stir-fry onion, carrots and basil in 1 1/2 teaspoons vegetable oil in same skillet until carrots are tender. Stir in pea pods and water; stir-fry 2 minutes. Remove from heat; stir in apple. Add chicken, serve hot over cooked rice.

Makes 4 servings

* Other choices: Crispin, Empire, Red Rome

INCLUDE APPLES IN

Every MEAL

BREAKFAST

- Apple slices in oatmeal
- Applesauce on French whole-wheat toast

LUNCH

- Apple slices on a peanut butter sandwich
- Applesauce with lean pork slices and rice

SNACK

- Apple slices and low-fat cheese
- Applesauce and pretzels

DINNER

- Stir-fry apple slices, chicken and broccoli with brown rice
- Apple chunks, walnuts and mixed greens tossed in a light, vinaigrette dressing



APPLE

Cider

A REFRESHING WAY TO DRINK TO YOUR HEALTH

- All natural, no fat, no cholesterol, no sodium
- 100% juice, no sugar added
- Available fresh all year around
- Research shows that drinking cider and eating apples:
 - Help fight cancer and heart disease
 - Give you a quick energy boost
 - Strengthen bones

NEW YORK APPLE SMOOTHIE

- 1 cup applesauce
- 1 cup apple cider
- 1 cup vanilla non-fat yogurt
- 1 cup crushed ice
- 1 tablespoon maple syrup
- Cinnamon
- 1 apple wedge

Mix all ingredients in blender and serve immediately. Sprinkle cinnamon on top and put an apple wedge on the edge of the glass.

FOR MORE INFORMATION ON APPLE CIDER FROM NY STATE VISIT WWW.NYCIDER.COM