

# Expand Your Apple Horizon

**A**pples are rich in antioxidant phytochemicals as well as fiber. Researchers think apples might help prevent cancer, stroke, and heart disease when they are part of a low-fat, high-fiber plant based diet. While some varieties are available only in the fall, you'll find others in the supermarket year round. Here is a guide to the most popular varieties so you can try a new apple each week:

- **Golden Delicious:** Sweet taste. Good for just about every use, including baking, pies, applesauce, salads, snacks and fruit plates.
- **Granny Smith:** Tart taste is also appropriate for all uses.
- **Jonathan:** Spicy tang makes it a good as a snack, in a pie, or for applesauce.
- **McIntosh:** Slightly tart and juicy with a smooth texture that is good raw or cooked. Bruises easily.
- **Red Delicious:** Crisp, juicy, and sweet--a favorite for snacking and in salads. But beware--it doesn't cook well.
- **Rome Beauty:** Firm flesh and sweet taste--a good baking apple.
- **Winesap:** Mildly tart and juicy, good for all uses. Spicy, too--a great choice for cider.
- **York:** Holds its shape well when baked. Yellow, moderately juicy flesh.
- **Fuji:** Sweet and crisp, makes good applesauce or snack.
- **Gala:** A crisp, sweet snack or addition to salad.
- **Braeburn:** As a snack or in a salad, this apple is crisp, sweet, and tart.
- **Jonagold:** Tangy-sweet taste is good for cooking as well as munching out of hand.
- **Criterion:** Juicy and sweet, this apple resists browning when cut, making it perfect for salads and fruit plates.



- **Newtown-Pippin:** A tangy tasting apple for pies or applesauce.
- **Cameo:** Sweet, tart, and firm flesh makes it versatile.
- **Pink Lady:** Salads, pies, and applesauce shine with this sweet, tart, crisp and firm variety.
- **Ida Red:** Large, tangy, and tart. Great in applesauce, pies, and baking.
- **Empire:** Bake it, toss it in a salad, or eat as a snack.
- **Cortland:** Sweet flavor makes it the perfect dessert apple.

## Success Tips:

- Store apples in the refrigerator for best results.
- Keep apples in a refrigerator drawer or plastic bag and away from foods with strong odors.
- Cut your apples just before serving to minimize them turning brown.
- When apples get a little past their prime, cut them in wedges and bake them with a little cinnamon for a super delicious treat.

## Does an apple-a-day really keep the doctor away?

As more is learned about nutrition, it seems there may be a lot of truth in this old saying. An apple is a good source of fiber, and provides a valuable source of vitamin C, several B vitamins, as well as potassium, iron, magnesium and phosphorous.

### Here are some fun nutrition facts about apples:

1. An apple provides about 5 grams of fiber. Peeling the apple removes half of the fiber.
2. Most of the fiber in an apple is soluble fiber, which may help lower blood cholesterol levels.
3. An apple provides one sixth of the RDA for vitamin C.
4. An apple is an important source of potassium and magnesium, minerals that may help control high blood pressure.
5. A medium apple contains only about 80 calories- not bad for all those nutrients.



### 10 ways to enjoy apples:

1. **Slice** an apple very thin and use in place of jelly on a peanut butter sandwich.
2. **Chop** an apple and add it to pancake or waffle batter.
3. **Grate** apples into coleslaw.
4. **Dip** apple wedges in low fat vanilla yogurt.
5. Add **shredded** apple to a grilled cheese sandwich.
6. Make Waldorf **salad** with apples, low-fat vanilla yogurt and walnuts.
7. **Add** chopped apples to chicken or tuna salad.
8. Add grated apples to **meat** loaf.
9. Sprinkle chopped apples over low-fat vanilla **ice cream** and top with cinnamon.
10. Add grated apples to **macaroni** and cheese before baking.