

HEALTHY
RECIPES

ONTARIO
APPLE
GROWERS

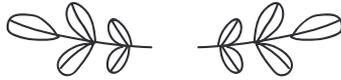


Cooking with Apples

by Ontario Apple Growers



In this Booklet



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Apple Salad



10 Apple Nachos



12 Chicken
Apple Curry

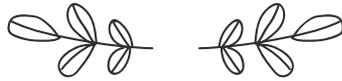


14 Apple Sage
Pork Skillet



16 Apple &
Sausage Farro
Risotto

Care & Handling



How to store and handle your apples at home

- Apples can bruise very easily and should be handled with care
- Look for firm apples that are well shaped and have smooth skin that is free of wrinkles and bruises. Brownish freckled areas do not affect flavour.
- To keep the crunch in Ontario apples, store them in perforated plastic bags in your refrigerator crisper. Cold, humid storage ensures that apples maintain their crispness, juicy texture and full flavour.
- Remove any fruit that are overripe or have soft spots. Apples naturally give off ethylene gas that will cause nearby apples to ripen too quickly and spoil. Trim and use these apples for pies or applesauce.
- To prevent browning when preparing apples, sprinkle cut surfaces with lemon juice.

Nutrition Facts



There seems to be some truth to the adage “An apple a day keeps the doctor away”!

As one of the most purchased items in the produce department, apples are a healthy, convenient and tasty food choice. Research on the benefits of eating apples is ongoing at leading universities around the world. There are a multitude of reasons why apples are a healthy eating choice.

Nutrition Facts	
Valeur nutritive	
Per 1 medium apple (182 g) par 1 pomme moyenne (182 g)	
Calories 100	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 0.3 g	0 %
Saturated / saturés 0.1 g	1 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 19 g	19 %
Protein / Protéines 0.5 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 2 mg	0 %
Potassium 200 mg	4 %
Calcium 10 mg	1 %
Iron / Fer 0.2 mg	1 %
*5% or less is a little , 15% or more is a lot *5% ou moins c'est peu , 15% ou plus c'est beaucoup	

Health Canada's Food Guide plate recommends eating a variety of healthy foods each day with half your plate being vegetables and fruits. Vegetables and fruits should always make up the largest proportion of the foods you eat throughout the day. Did you know that one serving of fruit equals one medium sized apple? It is very easy to maintain a healthy lifestyle when you include an apple (or more!) a day.

Nutrients in apples

Apples are a good source of fiber, containing an average of 4 g (18% DV) per medium apple—about 3 g insoluble fiber and 1 g soluble fiber (pectin).

Apples are also packed with flavonoids such as quercetin. Flavonoids are compounds that help give the colorful pigment to fruits and vegetables and research suggest that they may assist with reducing the risk of heart disease, cancer, stroke, asthma, and Type-2 diabetes.

Apples and weight management

Many health problems are associated with being overweight, such as heart disease, stroke, high blood pressure, type 2 diabetes, and sleep apnea. To manage weight and improve overall health, doctors recommend a diet rich in fibre. Including more fibre-rich foods, like apples, in your diet will help you manage your weight. Fibre also helps keep you feeling fuller for longer so you are less likely to overeat.

Decrease your risk of diabetes

Women who eat at least one apple a day are 28 percent less likely to develop type 2 diabetes than those who don't eat apples. Apples are extremely high in pectin—a soluble fibre—and is the key to reducing blood sugar swings.

Maintain a healthier heart

An extensive body of research has linked high soluble fibre intake with a slower buildup of cholesterol-rich plaque in arteries. The phenolic compound found in apple skins also prevents the cholesterol that gets into your system from solidifying on your artery walls. When plaque builds inside your arteries, it reduces blood flow to your heart, leading to coronary artery disease.





Serves 9

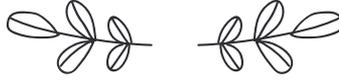


Cooking time: 15 min



Prep time: 20 min

Apple Oat Bars



Ingredients:

Oat bars:

3 cups (750 mL) quick cooking oats, divided
 1/2 cup (125 mL) almond flour
 1/4 cup (60 mL) butter
 1/2 cup (125 mL) packed brown sugar
 1 tsp (5 mL) ground cinnamon, divided
 1 tsp (5 mL) vanilla
 1/3 cup (80 mL) 2% milk

Apple topping:

1 tbsp (15 mL) butter
 2 cups (500 mL) diced Ontario apples*
 1/4 cup (60 mL) prunes, diced
 1/4 cup (60 mL) cold water, divided
 1 tsp (5 mL) cornstarch

Cooking directions:

Oat bars: Preheat oven to 325°F (160°C) and line an 8 x 8-inch glass dish with parchment paper. In a food processor, grind 1 1/2 cups (375 mL) of the oats until it resembles a course flour, about a minute on high speed. Transfer to a large bowl and stir in the remaining oats and almond flour.

In a small microwavable bowl, combine butter and brown sugar. Microwave for 1 minute; whisk together. Whisk in 1/2 tsp (2 mL) cinnamon, vanilla and milk.

Mix wet ingredients into dry ingredients using a wooden spoon. Press the oat mixture into the prepared glass dish and bake for 15 minutes.

Apple topping: Meanwhile, in a small pot melt butter over medium heat. Stir in apples, prunes and the remaining 1/2 tsp (2 mL) cinnamon. Cook for 2 minutes, stirring. Stir in half of the water and cook for 3 minutes. Mix cornstarch with remaining water and stir into the apple mixture. Cook for 30 seconds or until thickened.

Remove oatmeal bake from oven and spoon apple mixture evenly over top of the oatmeal. Allow oat bars to cool fully before slicing.

*Honeycrisp, Cortland and Gala apples all work well in this recipe

Nutrition facts per 1/9 of the recipe: Calories 231 | Total Fat 8 g | Saturated Fat 3.7 g | Cholesterol 14 mg | Sodium 45 mg | Potassium 204 mg | Carbohydrates 37.3 g | Fibre 4.5 g | Total Sugars 15.5 g | Protein 4.5 g | Calcium 39 mg | Iron 2 mg





Serves 2

Cooking time: 25 min

Prep time: 20 min

Warm Harvest Apple Salad



Ingredients:

2 tsp (10 mL) vegetable oil
 1 tbsp (15 mL) chili powder
 1/2 tsp (2 mL) **each** salt and pepper
 2 cups (500 mL) diced butternut squash
 1 lb (500 g) boneless, skinless, chicken breast, about 2
 1/4 cup (60 mL) quinoa
 1/2 cups (125 mL) chicken broth

Dressing:

2 tbsp (30 mL) lemon juice

2 tsp (10 mL) oil
 2 tsp (10 mL) honey
 Pinch of salt
 1/4 tsp (1 mL) poppy seeds

Salad:

4 cups (1 L) kale pieces
 2 cups (500 mL) sliced Ontario apples*
 1/4 cup (60 mL) soft goat cheese, crumbled
 1/4 cup (60 mL) sunflower seeds
 1/2 cup (125 mL) pomegranate seeds

Cooking directions:

Preheat oven to 400°F (200°C) and prepare a parchment-lined baking sheet. In a small bowl, mix together oil, chili powder, salt and pepper. Toss squash in half of the chili powder mixture. Arrange in a single layer on half of the baking sheet. On the other half of the baking sheet, toss chicken in the remaining chili mixture. Roast for 25 minutes, or until squash is tender and chicken is fully cooked.

Meanwhile, in a medium-sized pot mix together quinoa and chicken broth. Follow package directions for best results.

Dressing: In a small bowl, whisk together lemon juice, oil, honey, salt and poppy seeds.

Salad: Divide the following ingredient evenly between two large bowls. Evenly layer in the following order: kale, squash, cooked quinoa, apples, goat cheese, sunflower seeds and pomegranate seeds. Top each salad with a sliced chicken breast and drizzle with dressing.

*Ambrosia, Honeycrisp and McIntosh apples all work well in this recipe

Nutrition facts per 1/2 of the recipe: Calories 692 | Total Fat 19.3 g | Saturated Fat 5.2 g | Cholesterol 80 mg | Sodium 817 mg | Potassium 1813 mg | Carbohydrates 95.4 g | Fibre 14.7 g | Total Sugars 40.6 g | Protein 40.7 g | Calcium 312 mg | Iron 7 mg



ONTARIO TAKE YO

EMPIRE

Cross between McIntosh and Red Delicious. Slightly tart, juicy, firm and crisp. Ideal for snacks and makes great apple sauce.
AVAILABLE OCT. - JULY

MCINTOSH

Green apple with red splash; white, juicy flesh; mildly tart, sweetens as it ripens. Excellent for eating fresh.
AVAILABLE MID-SEPT. - MAY

RED DELICIOUS

Large, firm, sweet and juicy, dark red and has five bumps on bottom. Excellent fresh and in salads; not recommended for cooking.
AVAILABLE OCT. - JULY

IDAHO

Tart; keeps its shape when overcooked. Ideal for making pies.
AVAILABLE OCT. - JULY



FUJI

Firm and greenish pink skin with white flesh. Great for eating fresh.
AVAILABLE
MID-LATE OCT. - EARLY FEB.

SPARTAN

Medium size, red variety. Good fresh out-of-hand; makes great pie filling too.
AVAILABLE OCT. - APRIL

HONEYCRISP

Large sized fruit with distinctive crisp texture, aromatic and slightly acidic, sweet taste. Flesh is cream coloured. Best eaten fresh.
AVAILABLE
EARLY SEPT. - MARCH

GOLDEN DELICIOUS

Firm and juicy. Slices keep their shape when baked in pies. Favourite choice for snacks and apple sauce.
AVAILABLE OCT. - MAY

10 APPLES OUR PICK



RED

great flavour
n baked.
unching.
OCT. - JULY

● GALA

Cross between Kidd's Orange and Golden Delicious. Sweet, juicy, firm and crisp. Ideal for snacks and makes great apple sauce.
AVAILABLE EARLY SEPT. - FEB.

● CRISPIN

Larger than average with tart to sweet taste and firm texture. Ideal for snacks and delicious in pies and chunky sauces.
AVAILABLE OCT. - MAY

● JONAGOLD

Medium orange-red over faint striping; firm, slightly coarse texture. Cross between Golden Delicious and Jonathan. Great for eating fresh and cooking.
AVAILABLE LATE SEPT. - FEB.



S

s.
Mild, sweet taste and crisp texture. Excellent for pies, salads and fruit plates; resists browning after being cut.
AVAILABLE LATE SEPT. - APRIL

● CORTLAND

● NORTHERN SPY

Large, crisp and firm; distinguished by bright red stripes. Excellent for pies and baking.
AVAILABLE OCT. - MAY

● AMBROSIA

Large red apple that is crisp and juicy with a distinct aroma and sweet low acid flavour. Excellent for eating fresh.
AVAILABLE
OCT. - MARCH

● RED PRINCE

Red Prince apples are juicy tangy-sweet and crisp. It's flavour and texture are enhanced after being cellared in the fall to allow the natural sugars and acids to mature. This apple is best for eating fresh, in salads and in baking.
AVAILABLE JAN. - AUG.





Serves 1

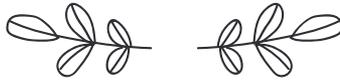


Cooking time: 2 min



Prep time: 5 min

Apple Nachos



Ingredients:

- 1 Ontario apple*, thinly sliced
- 1 tbsp (15 mL) almond butter, melted
- 1 tbsp (15 mL) dark chocolate chips, melted
- 1 tbsp (15 mL) crunchy toffee bites
- 2 tbsp (30 mL) almond flakes

Cooking directions:

Arrange apple slices on a plate. Microwave almond butter in a small bowl for 30 seconds and drizzle over the apple slices with a spoon.

In a small bowl, melt chocolate chips in the microwave for 30 seconds. Remove from the microwave and stir chocolate chips well, especially in the centre of the bowl. Microwave for another 30 seconds. Stir the melted chocolate and drizzle over the apple slices with a spoon. Sprinkle apples with toffee bites and almond flakes. Enjoy!

*Empire, Gala and Red Prince apples all work well in this recipe

Nutrition facts per 1 serving of the recipe: Calories 298 | Total Fat 16.7 g | Saturated Fat 3.9 g | Cholesterol 4 mg | Sodium 21 mg | Potassium 334 mg | Carbohydrates 38.4 g | Fibre 6.5 g | Total Sugars 28 g | Protein 6 g | Calcium 29 mg | Iron 4 mg





Serves 6

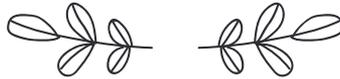


Cooking time: 25 min



Prep time: 15 min

Chicken Apple Curry



Ingredients:

- 1 tsp (5 mL) vegetable oil
- 1 medium onion, finely diced
- 2 cups (500 mL) diced Ontario apples*
- 1/4 tsp (1 mL) **each** salt and pepper
- 3 tbsp (45 mL) yellow curry powder
- 1 lb (500 g) boneless, skinless chicken breast, diced, approx. 2 breasts
- 2 tbsp (30 mL) all-purpose flour
- 1 540 mL (19 fl oz) can chickpeas, drained and rinsed
- 1 green pepper, seeded and diced
- 1 769 mL (28 fl oz) can diced tomatoes

Cooking directions:

Heat oil in a large pot over medium-high heat. Stir in onions, apples, salt, pepper and curry powder. Cook stirring for 2 minutes.

Stir in chicken and flour; cook for 4 minutes. Mix in chickpeas and green pepper; cook for 2 minutes. Pour in tomatoes, then turn heat to medium and cook for 15 minutes stirring occasionally. Serve with rice, cauliflower rice or whole wheat naan bread.

*Gala, Northern Spy and Honeycrisp apples all work well in this recipe

Nutrition facts per 1/6 of recipe: Calories 351 | Total Fat 5.3 g | Saturated Fat 0.3 g
 | Cholesterol 84 mg | Sodium 709 mg | Potassium 785 mg | Carbohydrates 42 g | Fibre 8.8 g
 | Total Sugars 13 g | Protein 34 g | Calcium 65 mg | Iron 3 mg





Serves 4

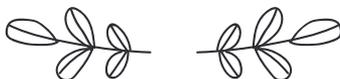


Cooking time: 25 min



Prep time: 15 min

Apple Sage Pork Skillet



Ingredients:

1 lb (500 g) pork tenderloin,
approx. 1 tenderloin
1/2 tsp (2 mL) **each** salt and pepper,
divided
2 tbsp (30 mL) flour
1 tsp (5 mL) ground sage
1 tsp (5 mL) garlic powder
1/2 tsp (2 mL) ground thyme

1 tsp (5 mL) vegetable oil
1 medium onion, thinly sliced
4 cups (1 L) thinly sliced Ontario
apples*
1/2 cup (125 mL) sodium reduced
chicken broth

Cooking directions:

Preheat oven to 400°F (200°C). Slice pork tenderloin into 4 equal sized pieces. Season pork medallions with 1/4 tsp (1 mL) each salt and pepper. In a large bowl, mix together flour, remaining salt and pepper, sage, garlic powder and thyme. Toss the pork tenderloin pieces in the flour mixture until well coated. Set remainder of the flour mixture aside for later use.

Heat oil in a large skillet over medium-high heat. Brown tenderloin medallions on all sides, around 4 minutes. Set tenderloin medallions aside on a plate.

In the same skillet, heat oil over medium heat. Stir in onions and apples and cook for 5 minutes, or until apples are tender. In a small bowl, whisk together chicken broth and remaining flour mixture. Add the broth/flour slurry to the pan and cook for 30 seconds or until sauce is thickened. Add tenderloin medallions back into the pan and transfer to the oven for 15 minutes. Serve with your favourite sides.

*Ambrosia, Honeycrisp and Gala apples all work well in this recipe

Nutrition facts per 1/4 of recipe: Calories 261 | Total Fat 5.4 g | Saturated Fat 1.6 g
| Cholesterol 84 mg | Sodium 428 mg | Potassium 650 mg | Carbohydrates 21.8 g | Fibre 3.6 g
| Total Sugars 13 g | Protein 31 g | Calcium 22 mg | Iron 2 mg





Serves 4



Cooking time: 45 min



Prep time: 20 min

Apple and Sausage Farro Risotto



Ingredients:

1 lb (500 g) turkey sausage, approx. 3 sausages
 2 Ontario apples*, diced
 1 small onion, diced
 1/4 tsp (1 mL) black pepper
 2 cloves garlic, minced
 1 tsp (5 mL) **each** dried rosemary and dried thyme
 1 cup (250 mL) dry farro
 3 cups (750 mL) sodium reduced chicken broth
 1/4 cup (60 mL) chopped fresh parsley

Cooking directions:

Remove sausage meat from casing. In a large pot over medium heat, stir in sausage and cook, breaking apart, until browned and crumbly, about 7 minutes. Set aside on a plate. Cook apples for 2 minutes and set aside on the same plate as the turkey.

In that same pot over medium heat stir in onions, pepper, garlic, rosemary and thyme. Cook for 3 minutes. Stir in farro and cook for 1 minute.

Stir in broth and bring to a boil. Reduce heat to medium-low, cover, and cook for 30 minutes or until the farro is tender. Remove lid and continue cooking for 5 minutes, stirring occasionally. Stir in sausage and apples and cook for 1 minute. Remove from heat and garnish with fresh parsley.

*Honeycrisp, McIntosh and Ambrosia apples all work well in this recipe

Nutrition facts per 1/4 of recipe: Calories 548 | Total Fat 20 g | Saturated Fat 0 g
 | Cholesterol 90 mg | Sodium 1266 mg | Potassium 188 mg | Carbohydrates 65.7 g | Fibre 7.6 g
 | Total Sugars 13.6 g | Protein 31 g | Calcium 70 mg | Iron 5 mg

CONTACT US

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