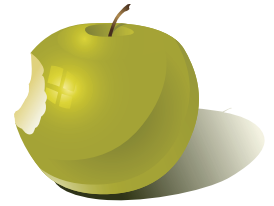


Apple Bites



The Hardcore Facts About Apples

Behold, the apple. Crisp and juicy, a rich source of antioxidants and fiber — no matter how you slice it, an apple or two a day is a delicious and healthy addition to any diet.

SELECTING APPLES...

Select apples that are shiny, firm to the touch, have a good aroma and are free of skin tears and breaks. Handle them gently to avoid bruising.

STORING APPLES...

Apples ripen six to 10 times faster at room temperature so keep them stored in the refrigerator. Refrigerate as soon as possible—when kept cold, they'll stay crisp and juicy for four to six weeks. And be sure to store apples away from strong-smelling foods to prevent them from absorbing unpleasant odors.

PREVENT BROWNING OF APPLES...

Coat sliced and diced apples with a mixture of one part lemon juice to three parts water, or use vitamin C-fortified apple juice to prevent browning.

TO PEEL OR NOT TO PEEL...

Whenever possible, don't peel that apple! Two-thirds of the fiber and antioxidants are found in the peel, so enjoy the whole apple!

APPLE SERVING SUGGESTIONS...

Apples add crunch and flavor to just about anything! Here are some easy ideas for using this versatile fruit at breakfast, lunch and dinner time:

- Mix one half cup of shredded apples and a dash of cinnamon into pancake batter.
- Layer sandwiches with apple slices.
- Toss diced apples with mixed greens, blue cheese and walnuts.
- Add chopped apples to chicken or tuna salad.
- Stir-fry apples with mixed vegetables and serve with rice.

An Apple a Day Keeps the Doctor Away!

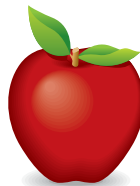
Did you know that eating apples may help promote weight loss, protect against certain types of cancer, heart disease and memory loss, as well as enhance lung function?

Believe it or not, it's true. There's more to this fruit than it's juicy, delicious crunch.

Research has shown that this versatile fruit is a rich source of antioxidants and nutrients with powerful health benefits.

According to the USDA, apples and apple juice are among the top 20 foods with the highest antioxidant content per serving.

Eating just one large apple daily is equal to one of the two cups of fruit recommended for a healthy diet.



With only 130 calories per large apple, apples are:

- Fat free and saturated fat free;
- Sodium free;
- Cholesterol free; and
- An *excellent* source of fiber.

Eating high-fiber foods that are low in saturated fat and cholesterol, like apples, may reduce the risk of heart disease.

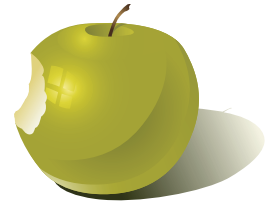
And because of the apples' high fiber content, natural sugars are slowly released into the bloodstream, helping to maintain steady blood sugar levels.

So do your body a favor and eat an apple or two today!

For more information and apple recipes visit the U.S. Apple Association at www.usapple.org.



Apple Recipes



Golden Apple Oatmeal

- 1/2 cup (about 1/2 medium) diced sweet apple
- 1/3 cup each apple juice and water
- 1/8 teaspoon salt (optional)
- Dash each ground cinnamon and nutmeg
- 1/3 cup quick cooking rolled oats, uncooked

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook for one minute. Cover and let stand for several minutes before serving. Makes a one-cup serving.



Apple and Cheese Pizza

- 1 package of prepared pizza dough
- 1 tablespoon vegetable oil
- 3 large apples, thinly sliced
- 1 cup apple juice
- 1 tablespoon cornstarch
- 1/2 teaspoon ground cinnamon
- 2 tablespoons honey
- 1/4 cup chopped toasted pecans
- 1 cup grated low-fat mozzarella cheese

Press dough into a lightly greased 14-inch pizza pan. Cook apples in apple juice until tender. Drain off juice and reserve. Place apple slices on dough. Dissolve cornstarch in apple juice, cinnamon, and honey. Cook over medium heat until clear. Spread sauce over apples. Sprinkle pecans on top. Top with cheese. Bake in a 425 degree oven for 15-20 minutes. Makes 10 servings.



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Apple-Stuffed Chicken Breasts

- 4 chicken breasts
- 1 cup apples, peeled, cored and chopped
- 1/2 cup mozzarella cheese, shredded
- 1/2 cup dry breadcrumbs
- 2 tablespoons butter or margarine
- 1 1/2 cups apple juice
- 4 tablespoons cornstarch

Flatten chicken breasts between sheets of waxed paper. Combine apple, cheese and breadcrumbs; divide between chicken breasts. Roll up each chicken breast; secure with toothpicks. Melt butter in skillet and brown chicken breasts on all sides. Add apple juice, cover and simmer 15 to 20 minutes, or until chicken is no longer pink. Remove chicken from pan. Combine 1/4 cup water and cornstarch; stir into juices in pan. Cook and stir until thickened. Pour thickened sauce over chicken breasts and serve. Makes 4 servings.



Easy Apple Crisp

- 5 cups peeled and sliced apples
- 3/4 cup flour
- 1 cup sugar
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 pound butter in small pieces

Preheat oven to 350 degrees. Butter a 1 1/2 quart baking dish, spread the apples in it, and sprinkle 1/3 cup water on top. Whisk together the dry ingredients in a bowl and combine with the butter using your fingers or food processor until it resembles coarse crumbs. Spread evenly over the apples. Bake for 30 minutes or until the crust is golden brown.