

Single Serving Microwave Apple Crisp

This very easy apple crisp recipe makes just one delicious serving! You only need 2 cereal bowls, measuring spoons, and a paring knife to make this. The wheat germ adds some good Vitamin E to this recipe, and you wouldn't know it was there! For best results, use an apple that breaks down easily during cooking, such as McIntosh.

Topping:

1 tablespoon wheat germ

1 tablespoon dry oats (may use quick-cooking or old-fashioned rolled oats, as you like)

1 ½ teaspoons flour

1 tablespoon packed brown sugar

1 tablespoon trans fat-free margarine, such as Smart Balance, melted

1/8 teaspoon cinnamon

1 medium apple, peeled, cored and sliced thinly

1 teaspoon water

Method: Combine first 6 ingredients together in a small bowl. In another small microwave-safe dish, such as a cereal bowl or large custard cup, place one peeled and sliced apple (about 1 cupful). Sprinkle with about 1 teaspoon water. Cover with topping mixture. Microwave on high, uncovered, for about 2 minutes, or until apples are tender. Let cool just slightly before enjoying! Nutrition information per recipe: 260 calories, 10 gm fat, 2.5 gm saturated fat, 95 mg. sodium, 41 gm carbs, 4 gm dietary fiber, and 4 gm. protein.

An Easy and More Healthful Apple Pie

This free-form apple pie is for those who think they can't make pie! The crust is very easy to work with, and contains no unhealthy saturated or trans fats. You will find that it is not as tender or flaky as a traditional crust, but is much healthier. Besides, the crust is just to hold the most important part -the apples- together!

Crust:

1 ¼ cups flour
¼ teaspoon salt
¼ cup fat free milk
3 tablespoons canola oil

Method:

In a medium bowl, stir together flour and salt. Combine milk and canola oil; add all at once to flour mixture. Stir with a fork until dough forms a ball. If necessary, add 1 to 2 teaspoons more milk to make smooth dough. On a lightly floured surface, roll dough into a 13" circle. Place on large, ungreased cookie sheet.

Filling:

4 cups thinly sliced peeled tart apples (Cortland, Granny Smith are good) need about 4 medium apples, buy 2 lbs
1/2 cup sugar
¼ cup flour
1/8 teaspoon nutmeg
1/2 teaspoon cinnamon
1 Tablespoon butter or trans fat-free margarine, melted

Method: Place apples in a large bowl. Combine sugar, flour and spices until evenly mixed. Pour over apples and stir lightly to coat apples with the sugar mixture. Place apple mixture in center of crust, leaving about 3" around the edge. Add melted butter or margarine to surface of apples. Fold in edges of pastry, making pleats so it lays flat on the apples. Sprinkle pastry with sugar. Bake in preheated 425 degree F. oven for about 30 to 35 mins. or until pastry is light golden brown. Cool on baking sheet. Nutrition Information for 1/8 of pie: 220 calories, 7 gm fat, 1.5 gm sat. fat, 90 mg. sodium, 38 gm carbs, 1 gm fiber, 3 gm protein. Recipe adapted from Betty Crocker.

Cranberry Applesauce

This rosy applesauce will make your kitchen smell wonderful as it is cooking! It is a good accompaniment for chicken or pork, and is very easy to make. I like the smaller amount of sugar for a more tart applesauce. Serve warm or cool.

4 cups peeled, cored and sliced apples (I like McIntosh for applesauce)
1 cup fresh or frozen cranberries, washed and sorted to remove any damaged berries
¼ to ½ cup sugar
¼ cup apple cider or apple juice, can also use water
One 3-inch cinnamon stick
one 3-inch strip of lemon zest, removed with a vegetable peeler

Method: In a heavy saucepan, combine all ingredients. Cook over medium heat until the apples are very soft, for about 15 minutes. Remove and discard the cinnamon stick and the lemon zest. You can mash the mixture with a potato masher if you want it smooth. Makes about 3 cups. Per ½ cup serving: 80 calories, 0 fat, 21 gm carbs (using the ¼ cup sugar), 2 gm dietary fiber, 0 protein. Recipe from Gourmet Magazine.

To Make Boiled Cider:

Place ½ gallon of fresh cider in a large kettle. Bring to a simmer, and continue to simmer, uncovered, until the mixture is reduced to 1 to 1 ½ cups. This took about 2 hours at my house. Strain the syrup through a wire strainer to remove foam and any solids. This makes a sweet-tart syrup that you can use in a variety of ways; as syrup for pancakes or waffles, a topping for ice cream, or an ingredient in apple dishes to add more apple flavor. You can drizzle a bit from the tip of a spoon onto any apple dessert as a garnish. Also try it to sweeten your tea. If you think the boiled cider is too tart, you can add some sugar, or a couple packets of artificial sweetener such as Splenda, to sweeten it further. This syrup contains about 50 calories per tablespoon.

Sunflower Waldorf Salad

This crunch salad makes a good accompaniment to almost anything! The sunflower nuts make a very healthy addition to this salad. Any type of apple will work in this recipe, but the Cortland doesn't turn brown as quickly.

2 small apples, cored and chopped (1 ½ cups)

¼ cup seedless green grapes

¼ cup chopped fresh celery

1/3 cup sunflower nuts

¼ to ½ cup lemon or apple-flavored yogurt

1 medium banana, sliced

Method: In mixing bowl, toss together apples, grapes, celery, and sunflower nuts. Stir in yogurt until combined. Fold in banana slices. Makes 4 servings. Nutrition information per serving: 130 calories, 6 gm fat, .5 gm saturated fat, 60 mg. sodium, 20 gm carbs, 3 gm fiber, and 3 gm. protein. Recipe from Better Homes and Gardens.