

## **APPLES**



#### **HOW DO THEY TASTE?**

All apples are crunchy and juicy. Some green apples can be sour while red apples are sweet.

#### **HOW DO I PICK THEM?**

Choose apples that are firm and do not have any bruises.

#### **HOW DO I STORE THEM?**

Apples can be kept in the crisper drawer in the refrigerator for up to 2 months or in a fruit bowl on the counter for about 1 week.

#### **HOW DO I PREPARE THEM?**

Wash under cold water and enjoy whole or sliced. Apples are delicious baked in the oven, mashed into applesauce, or added to baked goods.



### Local Rhode Island Apple:

**How to Prepare it:** 

Macintosh

Fresh eating and applesauce

Cortland

Pies and applesauce

Gala

Fresh eating and applesauce

Honeycrisp

Fresh eating, pies, and baking

Macoun

Fresh eating, pies, and applesauce



#### **APPLESAUCE**

#### Ingredients:

4 apples, peeled, cored, and chopped

1 tablespoon lemon juice 3/4 cup water

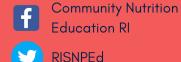
11/2 teaspoons cinnamon

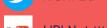
#### Directions:

- 1. Wash and peel the apples. Cut into large pieces. Mix with lemon juice.
- 2. Place the apples, water, and cinnamon into a large pot. Bring to a boil. Reduce heat to simmer, cover, and simmer for 15 minutes.

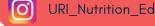
  Remove the cover and cook 5 minutes more.
- 3. Remove pot from heat. Mash the apples with a fork or potato masher.
- 4. Serve hot, refrigerate and serve cold, or freeze. Keep in refrigerator for up to 5 days.

# For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.









#### KITCHEN TIP!

Sprinkle apple slices with water or lemon juice to prevent browning.