

APPETIZERS, SNACKS AND SPREADS

Apple Dip

8 oz cream cheese
½ cup salad dressing
½ cup shredded cheddar cheese
½ cup chopped apples
apple slices (cored but not peeled)

Combine all ingredients. Refrigerate. Serve with apple slices or crackers. Makes about 2 cups.

Creamy Apple Dip

8 oz cream cheese
¼ cup brown sugar
¼ cup powdered sugar
1 tsp vanilla
2 tsp milk
apple slices (cored but not peeled)

Beat cream cheese until smooth. Add sugars and vanilla. Beat until creamy. Add milk gradually until mixture is dipping consistency. Serve with apple slices. Makes about two cups.

**Memo to meal planner: Use a variety of firm red, green and golden apples. Dip apple slices in lemon juice solution (one tablespoon lemon juice to one quart water) or sprinkle apple slices with pure lemon juice and toss (or use a fruit preservative following label directions.) Drain and arrange on platter with dip.*

Microwave Applesauce

2 lbs. apples (6 to 8)
½ cup water
½ to 1 cup sugar (amount varies depending on type of apples used)

Wash, core and quarter apples. Combine apples and water in 2 - quart microwave dish. Cover, cook on high in microwave oven 8 to 10 minutes, or until apples are soft. Stir once during cooking. Put through food mill or sieve. Add sugar and cinnamon (to taste) while still hot. Serves 6.

Microwave Baked Apples

4 medium baking apples
3 tbsp. packed brown sugar
2 tbsp. soft butter
½ tsp. cinnamon
1/8 tsp. nutmeg

Core apples; peel a strip of apple skin 1/3 down around apple. Blend brown sugar, butter and spices. Fill center of each apple. Arrange in a ring in a 9" round glass dish. Cover with vented plastic wrap and microwave on high 5 to 6 minutes. Rest, covered 5 minutes. Test for doneness; if necessary microwave an additional 1 to 2 minutes longer. Variation: add 3 tbsp. flour and 3 tbsp. chopped nuts. Serves 4.

Cider Cheese Spread

2 cups sharp cheddar cheese
½ cup apple cider
½ tsp. prepared mustard
1 tbsp. chopped chives
2 tbsp. butter or margarine

Mix until well blended. To prepare apple slices for spread: Cut peeled apples to 1/4 to 1/2 inch thick. Dip in either mixture: 2 tsp. Fruit Fresh and 3 tbsp. water or 2 tsp. lemon juice and 3 tbsp. water. Slices will keep several hours in tightly sealed container.

SALADS

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| <p>Apple Salad</p> <p>2 (3 oz) pkgs lemon gelatin dash of salt 3 Tbsp sugar 4 cups water</p> <p>Prepare gelatin according to package instructions. Let set just until it starts to thicken. Then add:</p> <p>3 red unpeeled diced apples 1 cup crushed pineapple (8 ¼ oz drained – keep juice) 3 bananas (sliced)</p> <p>Topping: In saucepan cook together: ½ cup pineapple juice 1 egg (beaten well) ½ cup sugar 2 Tbsp flour Let this get <u>cold</u>. Then add 1 pkg Dream Whip prepared as directed. Combine this with sauce and spread on top of gelatin mixture. Sprinkle with nuts.</p> <p>Cranberry / Apple Salad</p> <p>2 cups cranberry juice cocktail dash of salt 1 cup chopped unpeeled apples 1 pkg (3 oz) cherry gelatin ½ cup chopped celery ¼ cup nuts (optional)</p> <p>Heat 1 cup cranberry juice cocktail to boiling. Dissolve gelatin in hot liquid; stir in remaining 1 cup cranberry juice cocktail and salt. Chill until thickened to consistency of egg whites. Add remaining ingredients to gelatin. Pour into mold or 8-inch square pan. Chill until set. Serves 6.</p> | <p>Lime Applesauce Mold</p> <p>1 cup applesauce plus ¼ cup water 1 pkg (3-oz) lime gelatin 1 tsp grated orange peel 1 small bottle 7-UP</p> <p>Heat applesauce and water to boiling and add to lime gelatin. Stir in orange peel. Slowly pour in the carbonated beverage, mixing carefully. Pour into mold and chill until set. Serves four to six. <i>*Memo to meal planner: Make a Rosy Applesauce Mold by substituting raspberry gelatin for the lime and omitting the orange peel. Serve the Rosy Applesauce Mold with a dressing made of sour cream, just enough maraschino cherry juice to give it the right consistency and a few cherries cut up fine.</i></p> <p>Apple Crab Meat Salad</p> <p>1 can (6 ½ oz) crab meat ¾ cup unpeeled, diced red apples ¼ cup slivered, toasted almonds 3 Tbsp mayonnaise 3 Tbsp dairy sour cream salad greens</p> <p>Flake crab meat. Combine with apples and almonds. Combine mayonnaise and sour cream, and add to crab mixture. Toss to mix. Serve on salad greens. Makes two to three servings. <i>*Memo to meal planner: Shrimp or lobster may be substituted for the crab meat. Serve with hot rolls or hot muffins.</i></p> <p>Cinnamon Apple Salad</p> <p>½ cup red cinnamon candies ½ cup sugar 2 cups water 6 medium apples pared and cored cottage cheese</p> <p>Combine cinnamon candies, sugar and water in 2-qt saucepan. Bring to a boil, stirring constantly. Add apples and simmer, turning occasionally until tender. Remove apples; place in glass dish. Continue cooking sugar mixture until thick and syrupy. Remove from heat and pour over apples. Chill. Stuff cavity of apples with cottage cheese. Serve on lettuce. Makes six servings.</p> |
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SALADS (CONTINUED)

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| <p>Apple Ham Salad</p> <p>4 medium apples 1 tbsp. lemon juice 1 cup cold water 2 cups diced, cooked ham 1/2 cup sliced celery 1/2 cup French dressing 1/2 cup crumbled Bleu Cheese salad greens</p> <p>Cut apples into 1/2" cubes. Combine lemon juice and water then pour over apples and drain. Combine apples, ham, celery and French dressing. Toss the mix and add cheese. Serve on crisp salad greens. Serves 6.</p> | |
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MAIN DISHES AND SIDE DISHES

Pork Chops and Apples

2 Tbsp butter (or margarine)
6 pork chops
4 apples, peeled, cored & sliced
¼ cup brown sugar
½ tsp cinnamon

Brown pork chops on both sides. Place apple slices in greased baking dish. Combine brown sugar and cinnamon and sprinkle over apples. Add pork chops. Cover and bake in 325 degree oven for 1 ½ hours. Serves six.

Apple-Sweet Potato Casserole

3 medium sweet potatoes
1 tsp brown sugar
½ cup sugar
1 slice ham (½ inch thick)
¼ tsp salt
1 qt apples, sliced
1 cup biscuit mix

Peel sweet potatoes and cook until tender. Add ¼ tsp salt and 1 tsp brown sugar. Cook 1 qt apples until tender. Add ½ cup sugar.

In a small bowl combine 1 cup biscuit mix and amount of water recommended on package. Roll out dough and cut the size to fit casserole.

Place apples in bottom, arrange sweet potatoes which have been cut in 3 pieces. Add a piece of sweet potato and then a biscuit around edge of casserole, alternating sweet potatoes and biscuits until circle is filled. Add 1 slice of ham in the center. Bake at 350 degrees for 20-30 minutes or until biscuits are light brown.

Apple Stuffing

¼ cup margarine
½ cup chopped celery
½ cup chopped onion
3 Tbsp chopped parsley
2 qts. peeled, diced apples
¼ cup brown sugar
1 tsp salt
¼ tsp pepper
¼ tsp sage
2 cups dry bread cubes

Cook onions, celery and parsley slowly in melted margarine. Add apples and brown sugar. Cover and cook slowly until apples are tender but firm. Add salt, pepper, sage and bread cubes. Toss lightly with a fork. Place in greased casserole dish and bake for 45 minutes at 350 degrees. Makes about 8 servings.

*Memo to meal planner: This is especially good with roast pork, goose or turkey.

Apple and Frankfurter Skillet

2 Tbsp margarine
1 jar (1 lb) red cabbage
1/8 tsp allspice
2 lg Golden Delicious or Winesap apples, cored and sliced
½ cup chopped onion
1/8 tsp salt
1 lb frankfurters or knockwurst

In large skillet, in hot margarine, sauté onion for 5 minutes, stirring until tender. Add red cabbage, vinegar, salt and allspice. Toss together. Slash frankfurters halfway through and arrange with apple slices on top of cabbage mixture. Heat to boiling. Cover and simmer about 15 minutes until apples are tender and frankfurters are heated through. Uncover and boil rapidly a minute or two to reduce liquid, if necessary. Serve with mashed potatoes. Serves 4-5.

MAIN DISHES AND SIDE DISHES (CONTINUED)

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| <p>Apple Meat Loaf</p> <p>1 cup applesauce 3 Tbsp minced onions 1 tsp prepared mustard 2 tsp salt 2 cups soft bread crumbs 2 lbs ground beef (or can use 1 ½ lbs ground beef and ½ lb ground pork) 1/3 cup tomato sauce ¼ cup minced green peppers ½ tsp pepper 1 egg, beaten</p> <p>Apple Glaze:</p> <p>1 cup applesauce 2 Tbsp vinegar 2 Tbsp brown sugar</p> <p>Brush on glaze at 10-minute intervals. Mix in pan drippings to make sauce. Serve over rice and meat. Serves 8.</p> | <p>Pan Fried Apples</p> <p>6 tart apples peeled and sliced to 1/4" 1 tbsp. butter 1/3 cup brown sugar 1/4 cup maple syrup cinnamon and nutmeg to taste</p> <p>Melt butter in skillet and add sliced apples. Sprinkle with sugar, syrup and spices. Cover and sauté until tender.</p> |
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BREADS, BUNS, MUFFINS, ROLLS AND PANCAKES

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| <p>Apple Muffins</p> <p>1/2 cup sugar 1/4 cup shortening 1 tsp. salt 1 egg 1 cup milk 1 1/2 cups sifted flour 3 tsp. baking powder 1 1/2 cups chopped, peeled apples 1/2 cup sifted flour 1/4 cup brown sugar, firmly packed 1/4 tsp. ground cinnamon</p> <p>Combine sugar, shortening and salt; add egg and beat well. Stir in milk. Mix flour, cinnamon and baking powder. Stir flour into other mixture and blend; batter will be lumpy. Add apples which have been coated with 1/2 cup flour; blend carefully. Fill well-greased muffin tins about 2/3 full. Sprinkle with combined brown sugar and 1/4 teaspoon cinnamon. Bake at 400 degrees for 20 to 25 minutes until golden brown. Serve warm. Makes 12 muffins.</p> <p>Spice Apple Muffins</p> <p>1 cup flour 3 tbsp. sugar 2 tsp. baking powder 1/8 tsp. nutmeg 1/2 tsp. cinnamon 1/2 tsp. salt 1 cup chopped apple</p> <p>Combine all of the above ingredients in bowl; then, add</p> <p>1 egg, slightly beaten 2 tbsp. melted shortening 1/3 cup milk</p> <p>Stir all ingredients only until moistened. Fill 8 well-greased muffin cups 2/3 full. Bake at 400 degrees for 25 minutes.</p> | <p>Applesauce Puffs</p> <p>2 cups biscuit mix 1/4 cup sugar 1/2 tsp cinnamon 3/4 cup applesauce 3 Tbsp milk 1 egg, slightly beaten 2 Tbsp salad oil 2 Tbsp melted butter (or margarine) 1/4 tsp cinnamon 1/4 cup sugar</p> <p>Combine biscuit mix, 1/4 cup sugar and 1/2 teaspoon cinnamon. Add applesauce, milk, egg and oil. Mix until moistened. Fill greased 2" muffin pans two-thirds full. Bake in 400 degree oven 12 minutes or until done. Cool slightly; remove. Dip tops in melted butter (or margarine), then in 1/4 cup sugar mixed with 1/4 teaspoon cinnamon. Makes 12 to 18 puffs.</p> <p>Apple Pancakes</p> <p>1 1/2 cups flour 1 1/2 tsp baking powder 3/4 tsp salt 1 Tbsp sugar 1 egg, beaten 1 1/4 cups milk 2 Tbsp oil 3/4 cup peeled, grated apples</p> <p>Sift together flour, baking powder, salt and sugar. Combine egg, milk and oil. Add gradually to dry ingredients, stirring only until batter is smooth. Fold in apples. Drop by spoonfuls onto hot greased griddle. Cook slowly until the surface is covered with bubbles. Turn and cook until the bottom is delicate brown. Makes about 18 medium-size pancakes.</p> <p>*Memo to meal planner: You can cut preparation time by using a pancake mix or biscuit mix, following directions on the package for pancakes. Add 3/4 to 1 cup of grated apple.</p> |
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BREADS, BUNS, MUFFINS, ROLLS AND PANCAKES (CONTINUED)

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| <p>Applesauce Pecan Rolls</p> <p>1 pkg (13 ¾ oz) roll mix 2 Tbsp sugar 6 Tbsp butter (or margarine) 1 ¾ cups applesauce 1/3 cup brown sugar firmly packed ½ cup chopped pecans cinnamon</p> <p>Prepare roll mix according to directions on package, adding 2 tablespoons sugar. Cover, let rise until doubled in bulk. Meanwhile add 2 tablespoons butter (or margarine) to applesauce; cook 10 minutes to evaporate some of the liquid, stirring occasionally. Melt remaining 4 tablespoons butter (or margarine) in 9" baking pan; add brown sugar; heat until dissolved.</p> <p>Roll out dough to 17"x9" rectangle. Spread with cooled applesauce and sprinkle with pecans and cinnamon. Roll up jelly roll fashion. Cut in 1-inch slices. Arrange cut side up in pan on sugar mixture. Cover; let rise until doubled in bulk.</p> <p>Bake in 400 degree oven for 20-25 minutes or until golden brown. Serve hot.</p> <p>Makes 16 rolls.</p> | |
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BARS, COOKIES, TARTS AND SUNDAES

Apple Dream Bars

1 cup flour
¼ cup sugar
6 Tbsp butter (or margarine)
2 eggs
1 cup brown sugar, firmly packed
1 tsp vanilla
2 cups peeled, diced apples
¼ cup chopped almonds
½ cup flour
1 tsp baking powder
¼ tsp salt
¼ tsp ground nutmeg

Combine flour and sugar. Cut in butter until crumbly. Press in 8" square baking pan.

Bake in 350 degree oven 20 minutes or until lightly browned.

Beat eggs until thick and lemon-colored. Stir in brown sugar, vanilla, apples and almonds. Sift together flour, baking powder, salt and nutmeg. Stir into egg mixture. Spread over bottom layer.

Bake in 350 degree oven 30 minutes or until apples are tender and the crust is a golden brown. Makes 16 servings.

**Memo to meal planner: These bars may also be served as a dessert with whipped cream or ice cream.*

Apple Nut Bars

3 eggs
1 ½ cups sugar
1 tsp vanilla
1 ½ cups flour
½ tsp salt
3 tsp baking powder
3 cups peeled, chopped apples
1 cup coarsely chopped nuts
Beat eggs until foamy, then gradually add sugar, continuing to beat until thick and lemon-colored. Add vanilla. Mix flour, salt and baking powder; blend into egg mixture. Fold in apples and nuts. Spread batter in greased and floured 9" x 13" pan. Bake at 350 degrees for 35 minutes or until a pick inserted in the center comes out clean. Makes 24-28 bars.

Quick Apple Tarts

1/3 cup butter
1/4 cup powdered sugar
1 egg
1/8 tsp. salt
1 1/3 cups flour
2 medium Granny Smith apples, peeled and sliced
4 tsp. sugar
4 tsp. orange marmalade, melted

Whip butter and sugar until light and fluffy. Beat in one egg and salt. Gradually stir in flour until soft dough is formed; cover tightly and refrigerate 30 minutes. Roll dough on lightly floured surface to 10" square; cut into 4 (5") squares. Turn up an edge 1/4" all around and place on a baking sheet. Arrange apple slices over pastry then sprinkle with sugar. Bake at 375 degrees about 15 to 20 minutes or until pastry is golden. Brush apples with marmalade and return to oven for 1 or 2 minutes. Serves 4.

Apple Sundaes

Top vanilla ice cream with chunky applesauce and whipped cream, if desired. Don't forget the cherry on top!

Apple Upside-Down Gingerbread

1/4 cup butter
1/2 cup packed brown sugar
1 tsp. cinnamon
3 medium apples, peeled and sliced
1 package gingerbread mix

Melt butter in bottom of 9" square cake pan. Combine brown sugar and cinnamon, sprinkle on bottom of pan. Arrange apples in pan on brown sugar mixture. Prepare gingerbread mix as directed on package, pour batter over apple slices. Bake as directed for gingerbread mix. Invert on serving plate. If desired, garnish with whipped cream and maraschino cherries. Cut into squares and serve.

CAKES, PIES AND COBBLERS

Simple Simon Cake

1 ½ cups flour
¼ cup cocoa
1 cup sugar
1 tsp baking soda
½ tsp salt
1 tsp cider vinegar
1 tsp vanilla
5 Tbsp oil
1 ½ cups applesauce

Sift together flour, cocoa, sugar, baking soda and salt into greased 8" square baking pan. Make three depressions in dry ingredients. Pour vinegar into one, vanilla into a second and oil into the third. Spoon applesauce over all. Mix well until smooth.

Bake in 350 degree oven for 35 minutes. When cool cut into squares. Top with whipped cream or applesauce. Makes 8 servings.

Ginger Apple Upside Down Cake

¼ cup butter (or margarine)
¾ cup brown sugar firmly packed
3 medium apples
1 pkg (14 oz) gingerbread cake mix

Melt butter (or margarine) in 8" or 9" square baking pan. Add brown sugar and stir until dissolved. Peel and core apples. Cut each apple in half to make two thick rings. Arrange rings on butter (or margarine) and sugar mixture.

Prepare cake mix according to package directions. Pour batter over apples.

Bake in 350 degree oven 40-45 minutes or until done. Cool five minutes; then turn upside down on serving plate. Serve warm with whipped cream. Makes six to eight servings.

Apple Cake

4 cups chopped apples
1 1/2 cups sugar
2 cups flour
2 tsp. cinnamon
1 1/2 tsp. baking powder
1 tsp. baking soda
1 tsp. salt
2 eggs, slightly beaten
2 tsp. vanilla
1/2 cup vegetable oil
1 cup chopped nuts

Combine apples and sugar; let stand 1/2 hour. Stir together dry ingredients. Add eggs, oil and vanilla to apple mixture. Stir. Add nuts and dry ingredients. Bake in greased 13 x 9 x 2 pan for 1 hour at 350 degrees.

Old Fashioned Apple Pie

6 large cooking apples
1 tsp cinnamon
2 Tbsp butter (or margarine)
¾ cup sugar
2 Tbsp flour

Line 9 inch pie plate with bottom crust. Pare, core and slice apples and place in pastry lined plate. Sprinkle with mixture of sugar, cinnamon and flour. Dot with butter. Place top crust over filling, trim and seal. Prick to allow for escape of steam. Bake at 400 degrees for 40 to 50 minutes or until apples are cooked and crust is lightly browned.

Double 9-inch crust:

2 cups sifted enriched flour
1 tsp salt
¾ cup shortening
4 Tbsp water

CAKES, PIES AND COBBLERS (CONTINUED)

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| <p>Fun Apple Cake 6 large apples ½ cup sugar ½ tsp cinnamon 1 ¼ sticks margarine divided 1 yellow cake mix (2 layer size)</p> <p>Peel, core and slice apples. Combine sugar and cinnamon. Toss apples in sugar mixture. Put apples in an 8" x 8" pan; add excess sugar mixture. Pour dry cake mix over apples and pack tightly. Cut margarine into 1 inch pieces and place over top of dry cake mix. Bake at 325 degrees for 50 to 60 minutes or until golden brown.</p> <p>Easy Apple Spice Cake 1 pkg (18 ½ oz) spice cake mix 2/3 cup water 1 egg ¼ tsp cinnamon ¼ cup butter (or margarine) melted 1 tsp vanilla 2 cups peeled, sliced apples 2 Tbsp butter (or margarine)</p> <p>Blend half a package (approximately 2 ¼ cups) cake mix, water and egg in mixing bowl. Beat at medium speed until batter is smooth. Pour half the batter into a greased 9" square pan. Combine remaining cake mix with cinnamon; add melted butter (or margarine) and vanilla. Toss with a fork to form large crumbs. Sprinkle half of crumb mixture over batter in pan. Arrange 1 cup of apple slices over crumb mixture. Carefully spoon on remaining batter. Arrange rest of apple slices over batter. Dot with the butter and sprinkle with remaining crumb mixture.</p> <p>Bake in 350 degree oven 40-45 minutes or until done. Serve warm. Makes nine servings.</p> | <p>French Apple Pie</p> <p>Topping 1/2 cup brown sugar 1 cup flour 1/2 cup butter 1/3 cup nuts 1 chilled 9" pastry lined pie pan 4 large tart apples 1/2 cup sugar 1 tsp. cinnamon</p> <p>Mix apples, sugar and cinnamon. Prepare topping, cutting in butter with other ingredients. Put apple mixture in pie shell; sprinkle topping over apples. Bake 40 to 45 minutes at 400 degrees. Serve warm with whipped cream.</p> <p>Apple Cobbler</p> <p>3 medium tart apples, pared, cored and sliced 1 1/4 cups flour divided 4 tbsp. packed brown sugar, divided 1/2 tsp. ground allspice 1 1/2 tsp. baking powder 1/8 tsp. salt 1/4 cup milk 1/4 cup butter, melted 1 egg, beaten</p> <p>Place apples in 9" round baking pan; sprinkle with 2 tbsp. flour, 3 tbsp. brown sugar and allspice. Combine remaining dry ingredients. Combine milk, butter and egg; add to flour mixture. Mix well. Drop by spoonfuls onto fruit. Bake at 375 degrees for 35 to 40 minutes or until topping is golden brown. Serves 6.</p> |
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BEVERAGES

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| <p>Mulled Cider</p> <p>1 gallon cider 3 cinnamon sticks 1 tsp whole cloves 4 Tbsp lemon juice 1 tsp whole nutmeg 1 tsp whole allspice</p> <p>Simmer cider and lemon juice for 15 minutes. Tie spices in bag and simmer in cider mixture until of desired taste. Serve hot. Serves 18.</p> | <p>Apple Orange Cooler</p> <p>Chilled apple juice Orange sherbert Chilled ginger ale</p> <p>Fill punch cups half full with apple juice. Put a scoop of orange sherbert into each cup and follow with ginger ale, poured in slowly, to make about three-fourths cupful of cooler.</p> |
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APPLE RECIPES FOR KIDS

Golden Apple Oatmeal

1/3 cup each apple juice and water
1/8 tsp. salt (optional)
Dash of ground cinnamon and nutmeg.
1/3 cup quick-cooking rolled oats

Combine apples, juice, water and seasonings; bring to boil. Stir in rolled oats; cook 1 minute. Cover and let stand several minutes before serving. Makes a 1 cup serving.

Brown Bag Fruit Mix

1/2 cup apple, unpared, diced
1/2 cup banana, sliced
1/2 cup grapefruit sections, cut up
2 tbsp. grapefruit or pineapple juice
1/3 cup grapes, halved
1/3 cup pineapple tidbits, juice-packed, drained

Mix apple, banana, and grapefruit sections with juice to prevent darkening of apple and banana. Add grapes and pineapple and chill. (Fresh fruits in season may be substituted, as desired.) Makes 2 servings, 1 cup each.

Apple Honey Shake

1 quart chilled apple cider or juice
2 cups chilled orange juice
1/4 cup honey
2 tsp. grated orange rind

Combine all ingredients and shake to blend. Pour over ice in tall glasses. Garnish with mint sprig, apple slice or long peel of orange. Makes 6 servings.

Lunch Box Surprises

Slice top off of a Maryland apple. Core apple, leaving bottom of apple intact. Fill with a mixture of cream cheese or peanut butter combined with raisins and nuts. Replace top of apple and pack in plastic sandwich bag for a lunch surprise.

Apple Popsicles

Mix 2 cups vanilla yogurt and 1 cup of applesauce. Fill popsicle molds and freeze for a refreshing snack.

Apple Fruit Roll-Ups

Peel and slice a variety of sweet apples. Place in blender container with 1 tablespoon lemon juice for each 4 cups of fruit. Puree until smooth. Sugar or honey to taste may also be added. Cover an inverted baking sheet with heat resistant plastic wrap. (Saran Wrap is good for high heat.) Tape plastic to baking sheet with masking tape. Pour apple puree over baking sheet in a very thin layer, leaving one inch free of puree around edges. Dry in food dryer or in oven at 140 degrees Farenheit with door open about 2 inches. Dry until leathery and pliable but not sticky. This takes several hours. Roll apple layer up and store in moisture proof, airtight container. For longer storage, refrigerate or freeze.

Apple Jello Giggles

1 package (3 oz.) gelatin, any flavor
1 cup boiling water
1/2 cup cold water

Dissolve gelatin in boiling water; stir in cold water and set aside. Core apples leaving bottom of apple intact. Hollow out some of the apple flesh to make room for gelatin. Pour gelatin in apple and place apples in individual bowls to keep them upright. Chill until gelatin is firm. Cut in wedges to serve. Fun for kids, but also makes an attractive garnish for a meat platter. Vary the flavors of gelatin and use both red and yellow apples for a variety of color combinations.

Brown Bag Apple Salad

1/2 cup orange or grapefruit juice
1 tbsp. honey
1 tsp. lemon or lime juice
1 apple (Sweet or Tart)
1 cup seedless grapes
1 cup orange or grapefruit sections
1/4 cup chopped walnuts

In medium-size bowl, stir together orange juice, honey and lemon juice. Add apples, grapes, orange sections and walnuts; toss into coat with juice mixture. Refrigerator pack into individual containers for lunches and snacks. Makes 4 servings.