

NEW YORK STATE

apples to apples

guide



what's your
favorite
new york state apple?



McINTOSH

Sweet with a tart tang, very juicy



EMPIRE

Unique sweet-tart taste, very juicy



HONEYCRISP

Sweet, tart, juicy, super crisp



RED DELICIOUS

Extra sweet flavor, crisp, yellow flesh



CRISPIN

Delicately spicy and sweet, very juicy and crisp



GALA

Mildly sweet flavor, super crisp



MACOUN

Extra sweet with a mild, tart taste, very juicy



CORTLAND

Sweet with a hint of tartness, snow-white flesh



JONAGOLD

Honey sweet with a hint of tartness, juicy



GOLDEN DELICIOUS

Mild, sweet flavor, very crisp



GINGERGOLD

Sweet, yet mildly tart, fine textured and crisp



FUJI

Sweet with a hint of tartness, juicy



BRAEBURN
Sweet



PAULA RED
Tart



FORTUNE
Sweet-tart



RED ROME
Tart



IDARED
Tart



ACEY MAC
Sweet



JONAMAC
Sweet-tart



CAMEO
Sweet-tart



= Apple "born" in New York

how to **choose**



Recommended for
PIES

- 1. McIntosh
- 2. Crispin
- 3. Jonagold
- 4. Golden Delicious



Recommended for
SALADS

- 1. Empire
- 2. Honeycrisp
- 3. Gala
- 4. Cortland



Recommended for
SAUCE

- 1. McIntosh
- 2. Crispin
- 3. Jonagold
- 4. Red Rome

Choosing a favorite "eating" apple is a personal choice.

Tart, sweet, juicy or crunchy ... you choose!

health facts



Apples are an excellent source of dietary fiber that can help keep your heart healthy ... and they taste great!



Eating great-tasting apples regularly may help reduce your risk of some types of cancer.



Apples may help increase brain activity to improve memory and learning while helping to reduce the risk of Alzheimer's.



Great-tasting apples contain no fat, sodium or cholesterol. Eating three a day may help control weight.



Fiber and phytonutrients in apples may help reduce the risk of lung, colon and prostate cancers ... and apples taste great!



According to the USDA, eating apples should be an essential part of your daily diet to maintain good health ... and apples taste great!

Nutrition Facts

Serving Size 1 Large Apple (242g/8 oz)

Amount Per Serving

Calories 130 Calories From Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0 mg 0%

Sodium 0 mg 0%

Potassium 170 mg 7%

Total Carbohydrate 34g 11%

Dietary Fiber 5g 20%

Sugars 25g

Protein 1g

Vitamin A 2% Vitamin C 8%

Calcium 0% Iron 2%

* Percent daily values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.



ROASTED PORK LOIN WITH APPLES AND CINNAMON

- 2 pound boneless pork loin**
- 1 tablespoon olive oil**
- 1 teaspoon ground black pepper**
- 1 teaspoon ground ginger, divided**
- 1 teaspoon ground nutmeg, divided**
- 1 teaspoon ground cinnamon, divided**
- ½ cup dry white wine**
- ¼ cup honey**
- 1 tablespoon lemon juice**
- 2 New York Empire or Cortland Apples, cored, peeled and sliced into wedges**

Rub pork loin with olive oil, pepper and ½ teaspoon each ginger, nutmeg and cinnamon. In a small bowl, stir together the other half of the spices with the wine, honey, lemon juice and apple wedges. Roast pork in shallow pan in a 350° oven for 45 minutes to an hour, until internal temperature (measured with a meat thermometer) reads 155°. Remove from oven, let rest for 10 minutes. Meanwhile, simmer apple mixture in a small saucepan until apples are tender; stir in any pork roast juices. Serve sliced roast with apples and sauce.

Makes 6 servings

Nutritional Information Per Serving: Calories, 320; Total Fat, 11g; Saturated Fat, 3g; Protein, 33g; Carbohydrates, 19g; Cholesterol, 85 mg.

TUNA APPLE PITA POCKETS

- 1 small Empire or McIntosh Apple***
- 1 small celery rib, sliced**
- 1 teaspoon lemon juice**
- 1 small onion, chopped**
- 1 (7 ounce) can tuna**
- 1 tablespoon fresh dillweed (or 1 teaspoon dried dillweed)**
- ½ cup mayonnaise**
- 4 small pita pockets**
- 4 large lettuce leaves**

Core and chop the apple into a medium-size bowl. Add celery and sprinkle with lemon juice. Add onion. Drain tuna and add to bowl with dill and mayonnaise. Mix well. Cut the top off each pita bread and place a lettuce leaf in each. Stuff with tuna mixture. Serve.

Makes 4 servings

Prep Time: 15 minutes

Nutritional Information Per Serving: Calories, 260; Total Fat, 12g; Saturated Fat, 0.5g; Calories From Fat, 110; Protein, 15g; Carbohydrates, 26g; Cholesterol, 30 mg; Dietary Fiber, 3g; Sodium, 600 mg.

** Spritz apples with lemon juice to prevent browning.*

McINTOSH APPLE VIDALIA® ONION SAUTÉ

- 3 tablespoons butter**
- 2 Vidalia® Onions, sliced**
- 4 medium McIntosh Apples, cored and sliced**
- ½ teaspoon marjoram**
- salt and freshly ground pepper, to taste**
- ½ teaspoon freshly squeezed lemon juice**

Heat butter in large skillet. Add onions and apples. Sauté over medium heat until apples and onions are tender. Season with marjoram, salt, and pepper. Stir in lemon juice. Serve hot with chicken breasts, pork chops, and other meats.

Makes 4 servings

Prep Time: 20 minutes

Nutritional Information Per Serving: Calories, 180; Total Fat, 8.7g; Saturated Fat, 5.5g; Cholesterol, 23 mg; Dietary Fiber, 3.8g; Sodium, 90 mg.

A quick, savory, sweet accompaniment for your favorite meat.

VIDALIA® ONION & McINTOSH APPLE SLAW

2 medium carrots

1 medium Vidalia® Onion

4 cups thinly sliced red cabbage

2 large McIntosh Apples

⅔ cup light mayonnaise

⅔ cup light sour cream

¼ cup ketchup

2 tablespoons lemon juice

½ teaspoon salt

½ teaspoon freshly ground black pepper

½ cup finely chopped fresh parsley

Coarsely grate the carrots and Vidalia® Onion into a large bowl. Add the cabbage. Core and dice the apples; add to cabbage mixture. Mix together the mayonnaise, sour cream, ketchup, lemon juice, salt and pepper. Stir into the slaw, mixing well. Refrigerate slaw for at least 1 hour. Stir in parsley just before serving.

Makes 8 servings

Nutritional Information Per Serving: Calories, 146; Protein, 2g; Carbohydrates, 22g; Saturated Fat, 2g; Unsaturated Fat, 4g; Fiber, 2g; Cholesterol, 12 mg; Sodium, 483 mg.

Like most slaws, this one benefits from being made several hours in advance, which allows the flavors to meld and the texture of the cabbage to become tender.

NEW YORK STOVETOP APPLESAUCE

**6 cups (6 medium) McIntosh,
Crispin, Jonagold or Cortland
Apples cut into ¾ inch pieces**

¾ cup water

¼ cup Turbinado sugar

2 tablespoons fresh lemon juice

½ teaspoon ground cinnamon

Combine apples, ¾ cup water and sugar in heavy medium saucepan. Bring to boil, stirring occasionally. Reduce heat, cover and simmer until apples are very tender and skins are softened, about 40 minutes.

Uncover and simmer until almost all liquid in saucepan has evaporated, about 10 minutes. Remove from heat. Stir in lemon juice and cinnamon. Cool 30 minutes.

Using fork or potato masher, mash apple mixture until coarse and chunky. Serve at room temperature or refrigerate until cold.

Makes about 3 cups

SWEET POTATO AND APPLE CASSEROLE

3 medium sweet potatoes

**3 medium New York State Empire or
Cortland Apples**

¼ teaspoon salt

¼ cup sugar

½ teaspoon nutmeg

1 tablespoon grated orange peel

¼ cup orange juice

Wash and prick sweet potatoes with a fork and microwave on high for 8 minutes. Slip the skins and slice into ½ inch slices. Peel apples and slice crosswise into ½ inch rings. Combine salt, sugar, nutmeg and orange peel in a small bowl. Alternate slices of sweet potatoes and apples in a deep 1½ quart casserole dish. Sprinkle sugar mixture over each layer. Add orange juice and cover. Microwave on high for 6 minutes.

Makes 6 servings

Nutritional Information Per Serving: Calories, 134; Total Fat, 0g; Cholesterol, 0g; Fiber, 3g; Sodium, 95 mg.

Forget the butter! This fat-free side dish transforms sweet potatoes into something special.

APPLE CRANBERRY SUPERB SAUCE

**6 New York State Apples (Jonagold,
Crispin or Empire)**

¼ cup orange juice

1 tablespoon lemon juice

1 teaspoon cinnamon

2 cups fresh cranberries

⅓ cup sugar

½ teaspoon ginger

Peel apples and cut out cores, seeds and stems. Cut apples into small pieces and put in a pot. Add orange juice and lemon juice. Cook over low heat until apples are soft. Add cinnamon and mash with a fork. Stir cranberries, sugar and ginger into the applesauce. Cook until cranberries are soft.

Makes 8 servings

Nutritional Information Per Serving: Calories, 104; Total Fat, 0g; Cholesterol, 0g; Fiber, 3g; Sodium, 5 mg.

A special sauce for holidays or any day. Enjoy it hot or cold!

include apples in every
meal

BREAKFAST

- Apple slices in oatmeal
- Applesauce on French whole-wheat toast

LUNCH

- Apple slices on a peanut butter sandwich
- Applesauce with lean pork slices and rice

SNACK

- Apple slices and low-fat cheese
- Applesauce and pretzels

DINNER

- Stir-fry apple slices, chicken and broccoli, and serve with brown rice
- Apple chunks, walnuts and mixed greens tossed in a light, vinaigrette dressing



apple
cider

A REFRESHING WAY TO DRINK TO YOUR HEALTH

- All natural, no fat, no cholesterol, no sodium
- 100% juice, no sugar added
- Available fresh all year around
- Research shows that drinking cider and eating apples:
 - Help fight cancer and heart disease
 - Give you a quick energy boost
 - Strengthen bones

NEW YORK APPLE SMOOTHIE

1 cup applesauce

1 tablespoon maple syrup

1 cup apple cider

cinnamon

1 cup vanilla non-fat yogurt

1 apple wedge

1 cup crushed ice

Mix all ingredients (except apple wedge and cinnamon) in blender and serve immediately. Sprinkle cinnamon on top and put an apple wedge on the edge of the glass.

FOR MORE INFORMATION ABOUT APPLE CIDER
FROM NY STATE, VISIT WWW.NYCIDER.COM

Storage tips

- Handle apples gently to prevent bruising
- Store apples in a ventilated plastic bag, away from foods with strong odors
- Refrigerate in the crisper section; cool air helps maintain quality, juiciness and crispness

If you eat them quickly, you won't have to store them!



www.nyapplecountry.com

