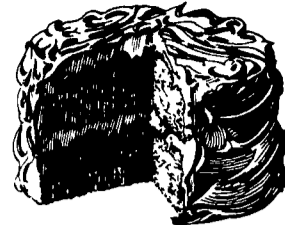


Home On The Range



Two Apples A Day Gets The Doctor's Ok

Two apples a day? This new twist on an old saying may be one of the easiest ways for Americans to meet the need for more fruits and vegetables in their diets. In a recent report, the Department of Health and Human Services recommends five servings of fruits and vegetables a day. So make two of the five servings apples and apple products.

When it comes down to nutrition, apples get high marks for fiber — the snappy crunch reflects an apple's high fiber content of more than 4 grams. The insoluble fiber found in apples is important in cancer prevention.

Apples fill the nutrition prescription for what they don't have as well. Apples have almost no fat (0.5 grams — that's about 4 calories).

Apples weigh in about 80 calories and contain Vitamin C and potassium.

With 2,500 varieties of apples and the many ways apples and apple products can be served, two apples a day makes healthy eating a snap.

APPLE CRISP

12 apples, sliced
1 teaspoon cinnamon
2 cups sugar
¼ cup flour
½ teaspoon salt
6 tablespoon butter
Pare, core, and slice apples into large shallow baking pan. Mix cinnamon with 1 cup sugar and sprinkle over apples. Combine remaining sugar with flour and salt. Work in butter with pastry blender until dough is crumbly. Spread over apples. Bake at 375 degrees for 40 minutes. Serve warm with milk or vanilla ice cream.

Michelle Ryan
Dauphin Co. Dairy Princess

TOASTY APPLE & PEANUT SNACK

1 slice bread, toasted
2 teaspoons peanut butter
½ medium apple, thinly sliced
Ground cinnamon
½ teaspoon honey
1 teaspoon raisins
Spread peanut butter on toast. Place apple slices on top of peanut butter. Sprinkle with cinnamon and drizzle with honey. Broil 3 minutes. Sprinkle raisins on top. Broil 1 more minute. Serve warm. Makes one serving.

Recipe Topics

If you have recipes for the topics listed below, please share them with us. We welcome your recipes, but ask that you include accurate measurements, a complete list of ingredients and clear instructions with each recipe you submit. Send your recipes to Lou Ann Good, Lancaster Farming, P.O. Box 609, Ephrata, PA 17522. Recipes should reach our office one week before publishing date.

September

28- Pumpkins and Squash

October

5- Carrots

12- Breads

19- Honey

CAN'T WAIT APPLE CAKE

4 cups apples, diced
½ cup cooking oil
2 cups sugar
2 eggs, well beaten
2 cups flour
2 teaspoons baking soda
½ teaspoon salt
1 teaspoon cinnamon
1 teaspoon vanilla
½ cup chopped walnuts
Combine apples, oil, and sugar. Add eggs. Sift together flour, baking soda, salt and cinnamon. Add to batter, stir well. Mix in vanilla and nuts with fork. Bake in greased 9x13-inch pan at 370 degrees for 45 minutes.

Topping:

¼ cup butter
1 cup sugar
1 tablespoon flour
½ cup cream
1 teaspoon vanilla
Mix together and pour over semi-warm cake.

Lisa Nolt
Lancaster

GERMAN HIPPIE APPLE CAKE

2½ cups flour
½ cup brown sugar
1 cup granulated sugar
2 teaspoons baking soda
2 teaspoons cinnamon
¼ teaspoon salt
½ cup butter
1 cup buttermilk or 1 teaspoon vinegar added to 1 cup milk
2 eggs
2 or more cups chopped apples

Topping:

½ teaspoon cinnamon
¼ cup white sugar
¼ cup brown sugar
Beat together flour, brown sugar, granulated sugar, baking soda, cinnamon, salt, butter, buttermilk, eggs, and apples. Pour into 13x9x2-inch greased and floured pan.

Combine topping ingredients and sprinkle topping over cake batter. Bake at 325 degrees for 45 minutes.

Ruth Ann Greathouse
Lititz

APPLESAUCE WHOOPIE PIES

2 cups sugar
1 cup butter
2 eggs
2 cups thick applesauce
4½ cups flour
2 teaspoons baking powder
2 teaspoons baking soda
1 teaspoon salt
2 teaspoons cinnamon
1 teaspoon cloves
1½ cups raisins

Mix sugar, butter, and eggs. Add applesauce. Add sifted dry ingredients to first mixture. Drop by teaspoonful on baking sheet. Bake 9 minutes at 350 degrees.

Fill with whoopie pie filling. Variations: 1 cup ground nuts or 2 cups bananas may be added.

Marie Horning
Mifflinburg

BAKED APPLE DUMPLINGS

Pastry dough
6 tart apples
1½ cups sugar, divided
2 cups water
¼ cup butter or margarine, divided
1½ teaspoon cinnamon, divided
Roll pastry to ¼ -inch thickness. Cut into 6-inch square. Peel and core apples.

Bring 1 cup sugar, water, 3 tablespoons butter, and ¼ teaspoon cinnamon to a boil.

Put one apple on each square. Mix remaining sugar and cinnamon. Fill apple cavity, dot with remaining butter. Bring opposite points of crust over apple, overlap. Moisten and seal.

Place apples in 9x13-inch baking dish with space between. Pour hot syrup around the apples. Bake 425 degrees for 40 minutes or until apple dumplings are well browned and apples are soft. Serve warm with whipped cream.

Audrey Nemeth
Mt. Vernon, Maine



Apples have always played an important role in Pennsylvania's history.

GERMAN RAW APPLE CAKE

½ cup shortening
½ cup brown sugar
1 cup granulated sugar
2 eggs
2½ cups cake flour
¼ teaspoon salt
2 teaspoons cinnamon
2 teaspoons baking soda
1 cup sour milk or buttermilk
2 cups diced raw apples
Sift flour, salt, and cinnamon. Cream shortening, sugars, and

eggs. Add baking soda to sour milk or buttermilk and alternate flour and milk to rest of batter. Stir in apples. Sprinkle with topping before baking. Bake at 350 degrees for 30 to 40 minutes.

Topping:

¼ cup granulated sugar
½ cup brown sugar
½ cup chopped nuts
½ teaspoon cinnamon

Linda Zimmerman
Lititz

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Featured Recipe

Although apples have been used throughout time, today's apple is much larger and sweeter than centuries ago. The first apples grown in this country were European varieties, brought over by the early American colonists. It was John Chapman, alias Johnny Appleseed, who spread apple seeds and created the first orchards in the East and Midwest.

More than 2,500 varieties of apples are available today. To learn about the varieties grown in your state, contact your county extension office for a brochure that describes the characteristics and the best uses.

Readers can receive a free brochure that describes the nutritious benefits of apples and snack apple tips for healthy low-fat eating. Send a stamped self-addressed business size envelope to International Apple Institute Brochure Offer, P.O. Box 1137, McLean, Va. 22101.

Here's a recipe for you to enjoy from the Pennsylvania Apple Marketing Board.

CHEESY APPLE QUICHE

1 tablespoon chopped onion
6 tablespoons butter
1¼ cups crushed stone-ground whole wheat crackers
¼ cup finely chopped walnuts
2 large tart apples, peeled, cored, and sliced
3 eggs
1 cup cream-style cottage cheese
1 cup shredded cheddar cheese
¼ cup milk
½ teaspoon salt
Pepper
Ground nutmeg
Cook onion in butter until tender. Stir in crushed crackers and nuts. Press mixture into a 9-inch pie plate, forming a crust. Bake in 350 degree oven for 8 minutes. Arrange apple slices in crust.

In blender container or food processor bowl, blend the eggs, cheeses, milk, salt and pepper until smooth. Pour into crust. Sprinkle nutmeg on top. Bake in a 325 degree oven about 45 minutes or until knife inserted off-center comes out clean. Let stand 10 minutes before serving.