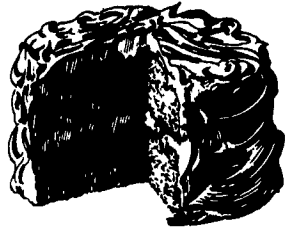


# Home On The Range



## Bushels Of Apple Recipes

Apples are the perfect snack food: they're portable, great tasting, and good for you with only 81 calories apiece and no cholesterol. In addition, medical research is showing that a diet including lots of apples may help prevent serious health problems such as heart disease, osteoporosis, diabetes, stroke, and certain types of cancer.

Apples are rich in dietary fiber, providing 4.28 grams per serving, ranking just behind prunes in fiber content. The National Cancer Institute has suggested that diets high in fiber may reduce the risk of developing certain types of cancer.

Apples also provide a good source of pectin, which is known to reduce blood cholesterol levels. The pectin in apples helps to form a gel in the small intestine that traps cholesterol and moves it through the body before it can be reabsorbed.

Studies show that pectin can control or prevent certain types of diabetes by delaying the rise in blood glucose directly following a meal, reducing insulin production.

The fiber in apples also fills up the stomach and causes it to empty more slowly after a meal, further slowing the absorption of glucose into the blood stream.

Another health benefit of apples is their high level of potassium, which may reduce the risk of stroke.

Research is discovering even more health benefits for eating apples. As you can see, all the research is suggesting that the old adage just may be true — an apple a day may indeed keep the doctor away.

Here are recipes to help you keep apples in your diet.

### APPLE NUT CAKE

1 1/4 cups oil  
1/4 cup water  
3 eggs, beaten  
2 cups sugar  
3 cups flour  
3 cups apples, chopped  
1 teaspoon baking soda  
1 teaspoon cinnamon  
1 teaspoon salt  
1 teaspoon vanilla  
1 cup nuts

Add dry ingredients to oil, eggs, water, and vanilla. Blend in nuts and apples. Bake at 350 degrees for 1 hour in tube pan. Cool and top with frosting, if desired. Cake freezes well.

### APPLE DAPPLE CAKE

3 eggs, beat well  
1 1/4 cups oil  
2 teaspoons vanilla  
2 cups sugar  
2 1/4 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon ground cinnamon  
1/4 teaspoon nutmeg  
1/4 cup flour  
3 cups apples, chopped  
1 cup coconut

Beat eggs, add oil, vanilla, and sugar, beating well. Sift together and add 2 1/4 cups flour, soda, salt, cinnamon, and nutmeg. Mix together the 1/4 cup flour, apples, nuts, and coconut; fold in. Pour into a greased 9-inch tube pan or bundt pan and bake at 350 degrees for about 70 minutes.

If you prefer a sweet cake, bake in a 9x13-inch pan, plus a 9x5-inch loaf pan. Bake sheet cake for 40 to 45 minutes.

### Topping:

1/4 cup margarine  
1 cup brown sugar  
1/4 cup milk

1 teaspoon vanilla

Mix in saucepan and boil 2 to 3 minutes. Pour hot topping over cake about 5 minutes after removing cake from oven.

### Optional topping:

Mix 1 cup confectioners' sugar  
2 tablespoons milk  
Spread over hot cake.

Delicious!

Mrs. Joe Glick  
Ronks

### MOIST APPLE CAKE

Mix together:

2 cups sugar  
1 1/2 cups oil

Add:

3 eggs  
2 teaspoons vanilla

Mix:

3 cups flour  
1 teaspoon baking soda  
1 teaspoon salt  
1 teaspoon cinnamon  
1/4 teaspoon cloves

Add to mixture. Cut and dice 5 cups apples; add to mixture. Add 1 cup nuts, if desired. Bake at 350 degrees for 60 minutes.

To keep the apples and nuts from sinking to the bottom, take approximately 2 tablespoons flour from the 3 cups and mix in apples and nuts before adding to mixture.

Mrs. Joe Glick  
Ronks



Although there are hundreds of ways to use apples in cooking, apple pie remains a favorite dessert for Americans.

### SPICED APPLE RINGS

12 pounds tart apples  
12 cups sugar  
6 cups water  
1 1/4 cups white vinegar  
3 tablespoons whole cloves  
1/4 cup red hot cinnamon candies

or

8 cinnamon sticks  
1 teaspoon red food coloring, optional

Wash apples. To prevent discoloration, peel and slice one apple at a time. Immediately cut crosswise into 1/2-inch slices, remove core area with a melon baller, and immerse in ascorbic acid solution. To make flavored syrup, combine sugar, water, vinegar, cloves, cinnamon candies, or cinnamon sticks and food coloring in a 6-quart saucepan. Stir, heat to boil, and simmer 3 minutes. Drain apples, add to hot syrup, and cook 5 minutes. Fill jars (preferably wide-mouth) with apple rings and hot flavored syrup, leaving 1/2-inch headspace. Adjust lids and process 10 minutes in boiling water bath.

### APPLE JUICE

24 pounds apples  
2 quarts water  
1/4 cup granulated sugar, optional

Prepare home canning jars and lids according to manufacturer's instructions.

Wash apples; remove stems and blossom ends. Chop apples; place in large kettle. Add water; cook until tender; stirring to prevent sticking.

Press apples through food mill, strain through cheese cloth.

Return liquid to kettle, add sugar, heat just to boiling point, stirring to dissolve sugar.

Pour hot liquid into hot jars leaving 1/4-inch headspace; cap.

Process 10 minutes in a boiling water bath.

B.Light  
Lebanon

### MICROWAVE APPLESAUCE

8 medium cooking apples, peeled, cored, quartered  
1/2 cup water  
1/2 to 1 cup sugar  
Combine apples and water in 2-quart glass casserole. Cover with glass lid or plastic wrap.

Microwave on high for 10 to 12 minutes or until apples are tender. Stir in sugar; let stand, covered, for 2 to 3 minutes, to dissolve sugar. Serve hot or cold sprinkled with nutmeg.

To can, pack hot into clean jars, add lids and process in a boiling water bath, 15 minutes for pints or 20 minutes for quarts.

S. Holman  
Adams, NY

### GRILLED APPLE-CHEESE SANDWICHES

1 cup grated sharp cheddar cheese

1 cup finely chopped apples

1/2 cup minced stuffed olives

Mayonnaise

8 slices bread

Melted butter

Combine cheese, apples, and olives with enough mayonnaise to hold together ingredients. Spread between slices of bread. Brush outside of sandwiches generously with melted butter. Grill until golden brown on both sides. Makes 4 sandwiches.

Dauphin Co. Dairy Promotion  
Committee

(Turn to Page B9)

## Featured Recipe

A new brochure, "Sizzlin' Lamb Barbecue Contest Recipes," is being distributed to consumers and food editors via checkoff-funded efforts.

For a free copy of the brochure, send a stamped, self-addressed business-size envelope to Meat Board Test Kitchens, Dept. SLBC, 444 N. Michigan Ave., Chicago, IL 60614-9909. Allow four to six weeks for processing.

Enjoy this recipe from the brochure.

### LEMONY LAMB KEBOBS

2 pounds well-trimmed boneless lamb leg, cut into 1 1/2-inch pieces  
1/2 cup vegetable oil  
3/4 cup chopped onions  
3 tablespoons cider vinegar  
3 tablespoons lemon juice  
2 cloves garlic, quartered  
1 1/2 teaspoons salt  
1/2 teaspoon dry mustard  
1/4 teaspoon pepper  
1 bay leaf  
2 lemons, cut in 6 wedges each  
12 medium mushrooms  
Lemon slices and mushrooms, optional

Combine oil, onion, vinegar, lemon juice, garlic, and seasonings. Reserve 1/2 cup marinade. Place lamb in plastic bag; add remaining marinade, turning to coat. Close bag securely and marinate in refrigerator 6 to 8 hours or overnight, if desired; turn occasionally. Alternately thread 4 lamb pieces, 2 lemon wedges, and 2 mushrooms on each of six 12-inch skewers. Place on grid over medium coals. Grill 15 to 20 minutes or to desired degree of doneness, turning and brushing with reserved marinade. Garnish as desired. 6 servings.

## 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.

### August

22- Zucchini  
29- Labor Day Cook Out

### September

5- Packed Luncheon Specials  
12- National Honey Month