

an **apple** a day

**18 healthy recipes
for enjoying apples
with every meal**

Prevention Magazine Recipes



Contents

BREAKFAST

Apple Honey Oatmeal Muffins	3
Spinach Curry Crepes	4
Apple & Sweet Potato Hash Browns.	5

DIPS AND SPREADS

Apple Butter	6
Apple Currant Chutney	7
Cranberry Apple Butter	8

SOUPS AND SALADS

Curried Sweet Potato & Apple Soup	9
Spelt Salad with Apples & Pine Nuts	10
Apple & Blue Cheese Salad	11

SIDES

Crab & Apple Slaw	12
Baked Apple & Carrot Casserole.	13
Mashed Potatoes with Parsnips & Apples	14

ENTREES

Apple Sausage Penne	15
Chicken, Sweet Potato & Apple Skillet	16
Roasted Dijon Pork with Baked Apples	17

DESSERT

Baked Granola Apples	18
Apple Cranberry Crisp	19
Cinnamon Apple Crisp	20





Servings: 12

Prep Time: 10 minutes **Total Time:** 40 minutes

APPLE HONEY OATMEAL MUFFINS

1 c. whole wheat flour
1 c. old-fashioned rolled oats
(Recommended - [Bob's Red Mill Rolled Oats](#))
2 tsp. baking powder
1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. freshly grated nutmeg
1 large egg
1 c. unsweetened applesauce
1/2 c. milk
1/4 c. honey
2 tbsp. butter, melted

1. Preheat the oven to 375°F. Generously butter a 12-cup muffin tin.
2. In a large bowl, whisk together the flour, oats, baking powder, baking soda, salt, cinnamon, and nutmeg.
3. In a small bowl, combine the egg, applesauce, milk, honey, and butter. Make a well in the center of the flour mixture. Add the applesauce mixture and mix with a fork just until moistened. Fill the muffin cups two-thirds full.
4. Bake for 25 minutes, or until a toothpick inserted into the center of a muffin comes out clean. Remove from the muffin tin and transfer to a rack. Serve warm.

Servings: 1

Total Time: 40 minutes

SPINACH CURRY CREPES

WITH APPLE, RAISINS & CHICKPEAS

2 large eggs
1/3 c. finely chopped fresh cilantro
1/4 tsp. black pepper
2 1/2 c. 1% milk
1 c. plus 2 tbsp. all-purpose flour
3 tbsp. safflower oil
3/4 tsp. kosher salt
1 small yellow onion, chopped
1 can (15.5 oz) chickpeas, rinsed and drained
1 granny smith apple, diced
1/4 c. golden raisins
2 tbsp. madras curry powder
10 oz. fresh spinach
lemon wedges, for serving

1. In blender, puree eggs, cilantro, pepper, 1 cup each of the milk and flour, 2 Tbsp of the oil, and 1/4 tsp of the salt. Lightly coat 10" nonstick skillet with cooking spray and heat over medium heat. Pour 1/3 cup batter into pan evenly and cook until edges set, 1 minute. Flip and cook 30 seconds. Repeat for remaining crepes.

2. Heat remaining 1 Tbsp oil in skillet over medium heat. Add onion and cook until soft, 5 minutes. Add chickpeas, apple, raisins, and curry powder. Cook 3 minutes. Stir in remaining 2 Tbsp flour and cook 30 seconds. Stir in remaining 1 1/2 cups milk. Cook until thick, 2 minutes. Add spinach and remaining 1/2 tsp salt. Cook until wilted, 2 minutes. Divide among crepes, fold each in half, and serve with lemon wedges.



Servings: 8

Prep Time: 13 minutes **Total Time:** 28 minutes

APPLE & SWEET POTATO HASH BROWNS

1 tsp. + 2 tbsp. canola oil

1 large granny smith apple,
peeled and sliced into
matchsticks

1 onion, thinly sliced
(about 1/2 c.)

3 sweet potatoes, cut into
matchsticks (about 2 cups)

pinch of ground cinnamon

1. Heat 1 teaspoon of the oil in a large skillet over medium-high heat. Add the apple and onion and cook for 4 minutes, or until soft. Set aside in a covered bowl. Add 1 tablespoon of the oil to the skillet. Heat until sizzling. Spread the potatoes in the pan in an even layer and press them down lightly with a spatula. Cook for 5 minutes, or until golden brown on the bottom. Drizzle with remaining oil and flip the potatoes. Cook for 5 minutes longer.

2. Add the apple-and-onion mixture to the potatoes and heat through. Sprinkle with the cinnamon.



Servings: 32

Prep Time: 30 minutes **Total Time:** 4 hours & 55 minutes

APPLE BUTTER



1 1/2 c. apple cider

**8 medium apples, unpeeled,
uncored and thinly sliced**

2 tbsp. honey

1/4 tsp. ground cinnamon

1/4 tsp. ground allspice

1/4 tsp. ground cloves

1. In a large stainless steel saucepan, bring the cider to a boil. Carefully add the apples to avoid splattering. Return to a boil. Reduce the heat to medium-low and simmer, stirring frequently, until the mixture begins to thicken.

2. When the apples start to break up and fall apart, remove from the heat. Put the mixture through a food mill or fine sieve, discarding the peels, seeds and stems. Return the mixture to the saucepan and

add the honey, cinnamon, allspice and cloves (if using). Cook, stirring occasionally, over medium-low heat for about 4 hours, or until the mixture is thick and dark.

3. When the desired thickness is reached, bring the mixture to a boil. Pour the hot apple butter into hot, scalded preserving jars, leaving 1/2" headspace. Wipe the rims clean, attach the lids and tightly screw on the caps. Invert the jars for 10 seconds.

4. Cool on a wire rack. Store in the refrigerator.



Servings: 16

Prep Time: 20 minutes **Total Time:** 1 day & 40 minutes

APPLE CURRANT CHUTNEY

2 c. chopped tart apples
2 c. fresh red currants
2 c. chopped green tomatoes
1 c. chopped onions
1/2 c. honey
1/2 c. cider vinegar
1/2 c. water
2 tsp. minced garlic
2 tsp. brown or yellow
mustard seeds
1 serrano pepper, chopped
1 tsp. grated fresh ginger
1 lime

- 1.** In a large saucepan, combine the apples, currants, tomatoes, onions, honey, vinegar, water, garlic, mustard seeds, pepper, and ginger. Bring to a boil over medium-high heat.
- 2.** Slice the lime into 4 lengthwise wedges. Cut each wedge into thin crosswise slices. Add to the saucepan. Reduce the heat to mediumlow. Simmer the mixture until the apples are tender and the mixture thickens slightly, about 15 to 20 minutes.
- 3.** Cool, then refrigerate in a covered container for several days to allow the flavors to develop.

Servings: 1

Total Time: 5 hours & 10 minutes

CRANBERRY APPLE BUTTER

4 lb. apples, peeled and diced
3 c. fresh or frozen cranberries
1 c. apple cider
1/2 c. honey
2 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg

1. Combine all ingredients in 6-quart slow cooker. Cover and cook on high until apples are tender, about 4 hours.
2. Transfer to blender, or use immersion blender, and puree until smooth.
3. Transfer mixture back to slow cooker and continue cooking on high until thick and jamlike, 1 to 2 hours.
4. Store in airtight container up to 30 days in refrigerator.



Servings: 1

Total Time: 46 minutes

CURRIED SWEET POTATO & APPLE SOUP

1 tbsp. olive oil
1 large onion, sliced
2 cloves garlic, sliced
1 tbsp. finely chopped fresh ginger
1 tsp. curry powder
3/4 tsp. ground cumin
1/2 tsp. salt
1/4 tsp. ground cinnamon
4 c. water
1 1/4 lb. sweet potatoes, peeled and cut into chunks
3 large granny smith apples, peeled, cored, and cut into chunks
1/2 c. chopped fresh cilantro

1. Heat the oil in a large saucepan or Dutch oven over medium heat. Add the onion and garlic and cook, stirring occasionally, for 5 minutes, or until tender.
2. Add the ginger, curry powder, cumin, salt, and cinnamon. Cook, stirring constantly, for 1 minute. Add the water, sweet potatoes, and apples and bring to a boil over high heat. Reduce the heat to low, cover, and simmer, stirring often, for 20 minutes, or until the sweet potatoes are very tender.
3. In a food processor or blender, puree the soup in batches until very smooth, pouring each batch into a bowl. Reheat if necessary. Stir in the cilantro.





Servings: 6

Prep Time: 5 minutes **Total Time:** 2 hours & 15 minutes

SPELT SALAD

WITH APPLES & PINE NUTS

4 c. boiling water
1 1/4 c. spelt or kamut
1 tsp. salt
2 large fuji, gala, or braeburn apples, cut into 1/2-inch chunks
1/3 c. dried currants
1/4 c. pine nuts, toasted
2 tbsp. olive oil
2 tbsp. cider vinegar
1/4 tsp. pepper

1. In a large saucepan, combine the boiling water, spelt, and salt. Bring to a boil and reduce to a simmer. Cover and cook until the water has been absorbed, about 1 hour 30 minutes.

2. Stir in the apples, currants, pine nuts, oil, vinegar, and pepper, and toss well. Serve at room temperature or chilled.

Servings: 6

Prep Time: 10 minutes **Total Time:** 10 minutes

APPLE & BLUE CHEESE SALAD



2 tbsp. extra-virgin olive oil
3 tbsp. white distilled vinegar
2 tbsp. dijon mustard
1 tsp. lemon juice
10 oz. baby lettuce mix
salt (optional)
ground black pepper (optional)
3 firm-ripe granny smith apples, sliced
3 oz. reduced-fat blue cheese crumbles
1/3 c. walnut halves, chopped
1/4 c. fresh pomegranate seeds
1 tbsp. ground flaxseeds

1. In a small bowl, whisk together the oil, vinegar, mustard, and lemon juice.
2. Add the lettuce and toss gently to coat. Season with salt and pepper to taste, if using.
3. Divide the lettuce among 6 salad plates. Top each with apple slices, blue cheese, and walnuts and sprinkle with ground flaxseeds.

Servings: 4

Prep Time: 20 minutes Total Time: 50 minutes

CRAB & APPLE SLAW

1/2 c. reduced-fat sour cream

1/4 c. orange juice

3 tbsp. white wine vinegar

4 tsp. sugar

1 tsp. olive oil

1 package (16 ounces)
shredded cabbage

2 large apples, cut into
matchsticks

1 large carrot, shredded

3 scallions, thinly sliced

6 oz. canned crabmeat,
well drained (recommended -
[Crown Prince Natural Fancy
White Lump Crab Meat](#))

1/2 honeydew melon,
peeled and seeded

1. Whisk together the sour cream, orange juice, vinegar, sugar, and oil in a large bowl. Add the cabbage, apples, carrot, scallions, and crabmeat. Toss until well combined. For best flavor, chill the slaw for at least 30 minutes.

2. Cut the melon into 1/4"-thick wedge-shaped slices; cut in half crosswise. Arrange the melon slices on each of 4 salad plates in a starburst pattern. Top with the slaw mixture.





Servings: 6

Prep Time: 15 minutes **Total Time:** 1 hour

BAKED APPLE & CARROT CASSEROLE

6 apples, cored, peeled and
thinly sliced

2 c. cooked carrot slices

1/3 c. brown sugar

2 tbsp. flour

salt (to taste)

3/4 c. orange juice

1. Place half the apples in greased 2-quart baking dish and cover with half the carrots.

2. Mix brown sugar, flour, and salt to taste, and sprinkle half the mixture over carrots. Repeat layers and pour orange juice over top.

3. Bake at 350°F for 45 minutes.

Servings: 4

Prep Time: 10 minutes **Total Time:** 40 minutes

MASHED POTATOES

WITH PARSNIPS & APPLES

1 1/2 lb. russet potatoes, peeled and cut into 1" pieces

1 lb. parsnips, peeled and sliced into 1/4"-thick coins

2 apples, peeled and cut into 1/2" pieces

2 c. fat-free, reduced-sodium chicken broth

2 cloves garlic, peeled

1 tsp. dried thyme

1/4 tsp. salt

1. In a large pot, combine the potatoes, parsnips, apples, broth, garlic, thyme, and salt. Cover and bring to a boil over high heat.

Reduce the heat to medium-high. Cook, stirring, for 25 to 30 minutes, or until the potatoes are fork-tender.

2. Drain the cooking broth into a bowl and reserve. Mash the potato mixture with a potato masher. Add enough of the reserved cooking broth to make a moist puree. Stir until smooth.



Servings: 1

Total Time: 15 minutes

APPLE SAUSAGE PENNE

2 c. low-carb penne pasta
1 lb. Italian low-fat turkey
sausage, diagonally cut into
1/4" slices
4 red delicious apples, cubed
1/2 c. half-and-half
1/4 c. crumbled low-fat
Gorgonzola or other blue cheese
1/4 c. chopped fresh basil

1. Prepare the pasta according to the package directions; drain.
2. Meanwhile, stir the sausage in a large saucepan over medium-high heat until well browned. Add the apples and stir for 5 minutes or until the apples are golden. Add the pasta, half-and-half, and cheese and cook for 2 minutes, stirring, until heated through. Sprinkle with the basil before serving.



Servings: 1

Total Time: 35 minutes

CHICKEN, SWEET POTATO & APPLE SKILLET



1 lb. boneless, skinless chicken breasts, cut into 1/2” cubes

4 tsp. olive oil

3 slices 30% less fat center cut bacon, chopped

1 c. cranberries

1 medium sweet potato (8 oz), peeled and cut into 1/2” cubes

1 med onion, chopped

2 Golden Delicious apples, peeled, cored, and cut into 3/4” cubes

4 cloves garlic, sliced

1 tsp. chopped fresh thyme

1/4 tsp. ground cinnamon

1 c. reduced-sodium chicken broth

1/4 tsp. salt

1. Season chicken lightly with salt. Heat 2 teaspoons of the oil in large nonstick frying pan or cast-iron skillet over medium-high heat. Add chicken and cook until lightly browned and cooked through, about 5 minutes. Transfer to plate.

2. Return pan to heat and add remaining 2 teaspoons oil. Stir in bacon and cook until starting to brown, about 2 minutes. Add cranberries, sweet potato, and onion. Cook, stirring occasionally, until crisp-tender, about 5 minutes. Stir in apples, garlic, thyme, and cinnamon. Cook 3 minutes. Pour in 1/2 cup of the broth, bring to a boil, and cook until evaporated, about 2 minutes. Add reserved chicken and remaining 1/2 cup broth. Season with the salt and black pepper as needed. Cook until hot, about 2 minutes.



Servings: 1

Total Time: 24 minutes

ROASTED DIJON PORK WITH BAKED APPLES

4 (5 oz each) thinly sliced, center cut boneless pork loin chops

2 tbsp. dijon mustard

1/2 c. unsweetened applesauce

16 golden delicious apple slices (1/4" thick)

1. Preheat oven to 375°F. Place pork in baking dish. Spread top of pork with mustard, then applesauce. Coat apple slices with butter flavored cooking spray, then place 4 slices on top of each pork chop.

2. Bake 20 minutes. Season with salt and pepper, if desired.

Servings: 1

Total Time: 10 minutes

BAKED GRANOLA APPLES

2 large crisp apples, such as gala, halved and cored

2 tbsp. chopped dried tart cherries

1 tbsp. packed light brown sugar

1/4 tsp. ground cinnamon

1/4 tsp. ground nutmeg

4 tsp. butter

1/2 c. granola (recommended - [Bear Naked Fruit & Nut Granola](#))

1. In a microwavable dish, arrange the apple halves, cut side up.

2. Top each half with cherries and sugar. Sprinkle with cinnamon and nutmeg. Dot with the butter.

3. Cover the apples with a microwavable lid. Microwave on high for 4 minutes or until tender.

4. Transfer apples to serving bowls. Sprinkle with granola. Drizzle any juices in the cooking dish on top.



Servings: 8

Prep Time: 15 minutes Total Time: 50 minutes

APPLE CRANBERRY CRISP



3 large empire, jonagold, gala, or granny smith apples, cored and sliced into 1/4" wedges

1/2 c. dried cranberries

3 tbsp. frozen apple juice concentrate, thawed

1 tbsp. granulated sugar

3/4 c. old-fashioned rolled oats (recommended - [Bob's Red Mill Rolled Oats](#))

1/3 c. whole grain pastry flour

1/4 c. packed dark brown sugar

3 tbsp. chilled butter, cut into small pieces

1/4 tsp. salt

1/4 tsp. ground allspice

1. Preheat the oven to 425°F. Coat a 9" x 9" baking dish with cooking spray.
2. In a large bowl, mix the apples, cranberries, apple juice concentrate, and granulated sugar. Place in the prepared baking dish.
3. In a medium bowl, combine the oats, flour, brown sugar, butter, salt, and allspice. Mix with your fingers to form crumbs. Sprinkle over the apple mixture.
4. Cover with foil and bake for 20 minutes, or until the mixture is bubbly and the apples are tender. Uncover and bake for 5 to 10 minutes, or until the topping is lightly browned. Cool on a rack for at least 10 minutes before serving.

Servings: 6

Prep Time: 15 minutes Total Time: 55 minutes

CINNAMON APPLE CRISP

2 lb. golden delicious apples,
peeled, cored, thinly sliced
3/4 c. packed light brown sugar
1/2 c. all-purpose flour
1 tsp. ground cinnamon
1 tsp. pure vanilla extract
1 c. old-fashioned rolled oats
(recommended - [Bob's Red Mill
Rolled Oats](#))
1/4 tsp. salt
3 tbsp. trans-free margarine,
cut into small pieces
3/4 c. walnuts, coarsely chopped

1. Preheat the oven to 375°F. Coat an 8" x 8" baking dish with cooking spray.
2. Combine the apples, 1/3 cup sugar, 2 tablespoons flour, 1/2 teaspoon cinnamon, and vanilla in a bowl and toss well. Pour into the prepared baking dish. Combine the oatmeal, salt, and the remaining 1/3 cup sugar, 6 tablespoons flour, 1/2 teaspoon cinnamon in a separate bowl. Add the margarine and crumble until well incorporated. Stir in the walnuts and sprinkle over the apples.
3. Bake, uncovered, 35 to 40 minutes, or until the fruit is tender and bubbly and the topping is lightly browned. Let cool on a rack for 30 minutes before serving.



