



# apples

how to: cook • store • enjoy

## cook

- Add chopped apples and cinnamon to your oatmeal while it's cooking.
- Slice an apple into rings and spread honey and peanut butter on top!
- Add thin apple slices to grilled cheese for a sweet & savory combo.
- Bake thinly sliced apples at 200 degrees for 1-2 hours for apple chips!

## store

- Store apples in the bottom drawer of the refrigerator to keep them fresh!
- Quickly ripen apples by storing them on the counter in a paper bag.
- Store apples away from onions to keep them from absorbing their spell.
- Briefly soak cut apples in lemon water to keep them from browning.

## enjoy

- Apples are a great source of fiber, which may help lower cholesterol.
- Purchase canned apples packed in water or 100% apple juice.
- Choose unsweetened applesauce made with with no added sugar.



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# Cinnamon Baked Apples



**Serves 6**

## Ingredients:

- 1/3 cup packed brown sugar
- 1 tablespoon ground cinnamon
- 2 teaspoons cornstarch
- 4-5 large apples, cored and cut into large chunks
- 1 tablespoon lemon juice
- 1/2 cup chopped walnuts, optional
- 3 tablespoons butter, cut into 6 pieces

## Method:

1. Preheat oven to 375 F and lightly grease a 9" baking dish with cooking spray.
2. In the prepared dish, stir together the sugar, cinnamon, and cornstarch.
3. Stir in the apples, coating them completely in the sugar mixture.
4. Stir in the lemon juice and walnuts, if using.
5. Dot the top of the apple mixture with butter pieces.
6. Cover the dish with aluminum foil and place in the oven. Bake for 60 minutes or until the apples are tender, stirring the apples every 20 minutes.
7. Serve warm or top with ice cream or yogurt, if preferred!

# Homemade Applesauce



**Yields 6-8 cups**

## Ingredients:

- 4 pounds of apples peeled, cored, and quartered
- Juice of 1 lemon
- 1/2 teaspoon ground cinnamon
- 1/4 cup white sugar
- 1 cup water
- 1/2 teaspoon salt

## Method:

1. In a large pot, stir together the apples, lemon juice, cinnamon, sugar, water, and salt. Bring to a boil on high heat, then lower the heat to a simmer.
2. Cover the pot and simmer for 15-20 minutes, or until the apples are fork tender.
3. Remove the pot from the heat. Mash the cooked apples in the pot.
4. Store in an airtight container in the fridge for 7-10 days.
5. Applesauce will last up to a year in a freezer. If freezing, leave at least an inch in the jar for it to expand.

*For a smoother applesauce, use a blender or stick blender to puree the cooked apples.*