

Keep the doctor away with your apple-a-day served up in style with recipes for breakfast, lunch, dinner, and dessert.

**Overnight Breakfast Casserole**  
**Uptown Grilled Cheese Sandwich**  
**Red Lentil Soup**  
**Mini Turkey Meatloafs**  
**Apple-Stuffed Chicken Breasts**  
**Apple Almond Cheesecake**  
**And more!**

*Yum!*

**More recipes and tips  
at 101yum.com**

\$9.99 U.S.  
Cookbook

ISBN 978-1-4236-0665-9



9 781423 606659

101 THINGS TO DO WITH APPLES

BAIRO



# 101 Things<sup>®</sup> To Do With Apples

BY  
MADGE  
BAIRO



# CONTENTS

---



## Helpful Hints 9

### Salads and Sandwiches

Waldorf Salad 12 • Pistachio, Chicken, and Apple Salad 13 • Warm Grilled Chicken, Apple, and Leek Salad 14 • Apple Slaw 15 • Tuna Apple Salad 16 • Apple Link Salad 17 • Beet-Apple Salad 18 • Fruit and Nut Jell-O 19 • OJ Fruit Salad 20 • Tropical Fruit Salad 21 • Bacon Potato Salad 22 • Snappy Apple Salad 23 • Shredded Carrot and Apple Salad 24 • Uptown Grilled Cheese Sandwich 25 • Ham, Swiss, and Apple Sandwiches 26 • Toasted APB Sandwiches 27 • Toasted Chicken-Apple Sandwiches 28 • Tuna-Apple Broil 29 • Autumn Chicken Salad 30 • Curry Chicken Salad Sandwiches 31 • Hot Brie-Apple Chicken Quesadillas 32

### Soups and Stews

Pumpkin-Apple Soup with Bacon 34 • Southwest Pumpkin Stew 35 • Beet and Apple Soup 36 • Butternut-Apple Soup 37 • Red Lentil Soup with Sweet Potato and Apple 38 • Curry Carrot-Apple Bisque 39 • Creamy Parsnip and Apple Soup 40 • Pimento Cream Soup 41 • Easy Root Vegetable Stew 42 • Beefy Cabbage and Apple Stew 43

### Meats and Poultry

Full-Meal Oven Roast 46 • Sunday Dutch Oven Pork 47 • Slow Cooker Apple-Cider Pot Roast 48 • Pork Chops with Sautéed Apples 49 • Pork Medallions with Caramelized Onion, Apple, and Mushrooms 50 • Apple and Seafood Kebabs 51 • Apple-Stuffed Chicken Breasts 52 • Turkey Meatballs with Apple-Dijon Glaze 53 • Mini Turkey Meatloafs 54

### Savory Main Dishes and Sides

Sweet Potato, Orange, and Apple Bake 56 • Sweet-and-Sour Cabbage and Apple Skillet 57 • Warm Five-Spice Apple Slaw 58 • Skinny Spaghetti

*Sauce 59 • Spinach-Apple Saute 60 • Vegetable and Apple Curry 61*  
• *Parmesan Roasted Apple-Vegetable Medley 62 • Company Pilaf 63 • Savory Sausage and Apple Rice Stuffing 64 • Sausage and Apple Pasta 65 • Stir-Fried Vegetables with Hoisin 66 • Overnight Breakfast Casserole 67 • Potato-Apple Gratin with Ham 68 • Apple-Stuffed Acorn Squash 69 • Apple Baked Beans 70 • Cran-Apple Stuffing 71 • Craisin-Apple Thanksgiving Stuffing 72*

### Pies and Pastries

*Classic Double-Crust Apple Pie 74 • Cinnamon-Crumble Apple Pie 75*  
• *Brown Sugar Apple Dumplings 76 • Wonton Apple Pockets a la Mode 78 • Rustic Apple Tart 80 • Donut Apple Fritters 81 • Burnished-Apple Tart Ring 82 • Maple Raisin-Apple Tartlets 84 • Easy Apple Strudel 85 • Mini Apple Dumplings with Ginger Ale 86*

### Cakes, Cobblers, and Breads

*Apple Upside-Down Spice Cake 88 • Grandma's Apple Cake 89*  
• *Almond Apple Cheesecake 90 • Apple Spice Cupcakes 91 • Melt-in-Your Mouth Apple Bundt Cake 92 • Stovetop Cran-Apple Cobbler 93*  
• *Apple Pandowdy 94 • Plum-Apple Clafouti 95 • Old-Timey Christmas Pudding with Nutmeg Cream Sauce 96 • Apple Bread Pudding with Caramel Sauce 98 • Apple 'n' Cheese Drop Biscuits 99 • Pumpkin-Apple Muffins 100 • Butterscotch Apple Muffins 101 • Food Processor Apple Bread 102 • Apple Pancakes 103 • Blueberry-Apple Bird's Nest 104*

### Other Desserts

*Less-Sugar Apple Crisp 106 • Apple Brown Betty 107 • Applesauce Chocolate Chip Cookies 108 • Shaggy Apple Cookies 109 • Mom's Stovetop Baked Apples 110 • Nutella and Fried Apple Tortilla Wraps 111 • Orange-Apple Smoothie 112 • Pink Pear-Apple Smoothie 113 • Candy Apples 114*

### Refrigerator Condiments and Preserves

*Jalapeno Apple Chutney 116 • Peach or Mango and Apple Salsa 117 • Slow Cooker Apple Butter 118 • Rhubarb-Apple Conserve 119 • Cran-Apple-Orange Relish 120 • Chunky Cinnamon Applesauce 121 • Wrinkled-Apple Sauce 122 • Pink Applesauce 123 • Dried Apple Snacks 124*

## HELPFUL HINTS

1. About 7,500 varieties of apples are grown throughout the world. More than 2,500 varieties are grown in the United States and Canada.

2. Some varieties are better for baking than others. Pie apples should hold up and not become mushy when baked; neither should they remain crunchy. Granny Smith, Jonathan, Jonagold, Pink Lady, Golden Delicious (while skin is green), Rome, McIntosh, and Braeburn are a few good varieties for pies.

**<AQ: Stephanie has asked what kinds of apples are tart, sweet-tart, baking, mild cooking, eating etc. Can we include more about that here?>**

3. Two pounds of apples make a 9-inch pie. There are two or three large apples in a pound.

4. Any apple can be used for cooking if the recipe calls for grating, chopping, mashing, or pureeing the finished dish (as in cakes, cookies, breads, soups, and sauces).

5. To peel or not to peel? It's a matter of taste. Two-thirds of an apple's fiber is in the skin. The skin is high in antioxidants, and most of an apple's vitamin C content is just under the skin.

6. Consider leaving the skin on when a recipe calls for grated or chopped apples.

7. The best apples for salads and those that are crisp and sweet.

8. The USDA recommends washing apples before eating them.

9. Many of the salad recipes in this book can be easily used for sandwiches, and vice versa.

## BACON POTATO SALAD

1/2 pound **bacon**, diced  
5 **medium-size red potatoes**  
3 **large crisp apples**, peeled and cored  
1/3 cup **chopped red onion**  
2 ribs **celery**, chopped  
1/3 cup **chopped yellow bell pepper**  
**salt and pepper**, to taste

Dressing:

1/4 cup **apple cider vinegar**  
1/2 cup **oil**  
1/4 teaspoon **ground red pepper**  
1 teaspoon **thyme leaves**  
1 tablespoon **honey mustard**

In a large frying pan, cook bacon until crisp; set aside.

Boil whole potatoes until fork-tender then drain and let cool. Peel and cube potatoes. Place in a large bowl.

Cut apples into chunks and add to potatoes. Add onion, celery, and bell pepper. Season with salt and pepper.

In a separate bowl, whisk dressing ingredients together until emulsified. Pour dressing over salad and toss to coat. Makes 8–10 servings.

## SNAPPY APPLE SALAD

8 ounces **sugar snap peas**  
2 **green onions**, thinly sliced  
2 **Granny Smith apples**, cut  
into bite-size pieces  
1 tablespoon **chopped cilantro**  
1/4 cup **sliced almonds**  
**sea salt**  
**freshly ground pepper**  
**juice of 1 lemon**  
2 tablespoons **honey**  
2 tablespoons **vegetable oil**  
**lettuce or arugula**, optional

Rinse peas; trim and discard ends; slice on the diagonal into small pieces and place in a medium bowl. Add onion, apple, cilantro, and almonds. Season to taste with salt and pepper.

In a small bowl, whisk together lemon juice, honey, and oil. Pour over salad ingredients and toss to coat. Serve on lettuce or arugula, if desired. Makes 4 servings.

# CREAMY PARSNIP AND APPLE SOUP

1 **small onion**, chopped  
1 tablespoon **butter or margarine**  
1 tablespoon **olive oil**  
2 **sweet-tart apples**,  
peeled and chopped  
1 1/4 pounds **parsnips**, peeled and chopped  
3 cups **water**  
1 tablespoon **chicken bouillon powder**  
1 tablespoon **lemon juice**  
1 teaspoon **salt**  
1/2 teaspoon **cinnamon**  
1/2 teaspoon **nutmeg**  
1 cup **cream**  
1 cup **milk**  
1 tablespoon **cornstarch mixed with 2  
tablespoons water**, optional

In a large saucepan, saute onion in butter and oil over medium heat for 3 minutes. Add apple and saute 3–4 minutes more. Add parsnips, water, bouillon, lemon juice, and spices. Cover and bring to a boil; reduce heat and simmer for 20 minutes, until parsnips are tender. Let cool a little, then puree soup in a food processor. Return to pan, adding cream and milk. Heat to just boiling, stirring frequently. If soup is too thin, thicken with cornstarch. Makes 4 servings.

NOTE: You can convert this recipe to vegetarian by substituting vegetable bouillon powder and reducing onion to 1/2 cup. Veganize the vegetarian version by eliminating the butter and substituting your favorite milk product for the dairy.

# PIMENTO CREAM SOUP

1 bag (10 ounces) **fresh vegetable medley—  
broccoli, carrot, cauliflower**  
2 **cooking apples**, peeled,  
cored, and thinly sliced  
1 teaspoon **seasoning salt**  
1/2 teaspoon **salt**  
1 teaspoon **thyme leaves**  
1 1/4 cups **water**  
1 jar (5 ounces) **Kraft pimento cheese spread**  
1 cup **milk**

In a medium saucepan, cook vegetables, apples, and seasonings in water until vegetables are tender. Stir in cheese to melt. Transfer to a blender and puree until smooth, in batches if necessary. Add milk and blend until mixed. Makes 4 servings.

NOTE: Hot food in a blender may explode, so stop the motor a couple of times and remove lid to let steam out, or remove plug from the lid and cover opening with a kitchen towel while blending.

# APPLE UPSIDE- DOWN SPICE CAKE

---

2 tablespoons	<b>brown sugar</b>
1/3 cup	<b>slivered almonds</b>
2	<b>large tart apples</b> , divided: 1/2 apple thinly sliced 1 1/2 apples grated, reserve for the batter
1 1/2 cups	<b>spice cake mix (about half a packaged mix)</b>
3 tablespoons	<b>canola oil</b>
2	<b>medium eggs</b>
2 tablespoons	<b>apple juice</b>
	<b>whipped topping</b> , optional

Preheat oven to 350 degrees.

Line one round layer cake pan with parchment or waxed paper. Sprinkle brown sugar over the parchment and ring the outside circumference with slivered almonds. Arrange the apple slices like flower petals in the center of the cake pan.

In a large bowl, mix the remaining ingredients, including grated apple, until thoroughly blended. Spread the batter evenly over bottom of the cake pan. Bake for 30 minutes, or until a toothpick inserted into the center comes out clean. Cool for 10 minutes before inverting onto a plate. Carefully remove the parchment paper and discard. Serve plain or with a dollop of whipped topping. Makes 10–12 servings.