



# Apple Rich Recipes

An apple a day really may keep the doctor away. A great source of fiber, this sometimes-sweet, sometimes-tart fruit will help regulate your digestive system while promoting healthy cholesterol levels, too. So, go ahead and enjoy these flavorful recipes—bursting with the nutrition of the fruit you've come to know and love.

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# Apple Rich Recipes

**Dinners:** Delight your tastebuds with these sweet and savory dishes that will have the whole family coming back for seconds.

Preparation time: 15 min    Cooking time: 15 min    Servings: 4



## Maple Mustard Chicken with Apples

### INGREDIENTS

- 1½ tbsp Dijon mustard
- 2 tbsp maple syrup
- 2 apples, peeled, cut into ¼ inch wedges
- ¼ cup pecans or walnuts, coarsely chopped, toasted
- 4 boneless, skinless chicken breasts
- 1 clove garlic
- 1 tbsp unsalted butter or olive oil
- 2 tsp honey

### COOKING DIRECTIONS

Melt butter in a heavy nonstick skillet over medium-high heat. Sauté garlic in butter for 1 minute or until golden. Discard garlic.

Season chicken with salt and pepper to taste. Cook chicken breasts in same skillet, 3-4 minutes per side, or until lightly browned. Place apples around chicken. Continue cooking 5-6 minutes, turning chicken and apples occasionally, until apples are soft.

Combine maple syrup, mustard, and honey in a bowl. Stir into skillet until ingredients are coated. Sprinkle with pecans or walnuts, and serve.

### NUTRITION FACTS PER SERVING

**Calories** 430  
% Calories from Fat 29.3%

**Total Fat** 14g  
Saturated Fats 3.8g  
Monounsaturated Fats 4.1g  
Polyunsaturated Fats 4.2g

**Cholesterol** 150mg

**Sodium** 130mg

**Total Carbohydrates** 21g

Dietary Fiber 1.6g

Sugar 17g

**Protein** 56g

# Apple Rich Recipes

**Dinners:** Delight your tastebuds with these sweet and savory dishes that will have the whole family coming back for seconds.

Preparation time: 15 min (plus minimum 3 hours for marinate)    Cooking time: 30 min    Servings: 6



## INGREDIENTS

- 1½ boneless lean pork loin, cut into 1 inch cubes
- 4 celery stalks, cut into 1 inch pieces
- 6 12" skewers
- 3 cooking apples, cored, quartered, and cut in half crosswise
- ¼ tsp ground nutmeg
- ⅛ tsp ground allspice
- ¾ tsp ground cinnamon
- ¾ tsp salt
- ¼ cup vegetable oil
- 1 cup unsweetened pineapple juice

## COOKING DIRECTIONS

Combine nutmeg, allspice, cinnamon, salt, vegetable oil, and pineapple juice in a saucepan over medium heat. Cook 10 minutes, stirring occasionally. Cool.

Place pork in a shallow dish and pour marinade over. Cover and marinate in refrigerator several hours or overnight, stirring occasionally. Place celery in a steamer basket over boiling water. Cover pan and steam 5-10 minutes or until just tender. Refrigerate.

Drain pork, reserving marinade. Thread pork cubes and celery on skewers, allowing space between cubes. Grill about 10 minutes over medium coals, turning frequently. Push cubes together and thread apple on skewers. Grill another 5 minutes, brushing with marinade. Serve.

## NUTRITION FACTS PER SERVING

**Calories** 350

% Calories from Fat 41.1%

**Total Fat** 16g

Saturated Fats 2.8g

Monounsaturated Fats 4.1g

Polyunsaturated Fats 7.6g

**Cholesterol** 90mg

**Sodium** 370mg

**Total Carbohydrates** 19g

Dietary Fiber 2.9g

Sugar 14g

**Protein** 31g

# Apple Rich Recipes

**Dinners:** Delight your tastebuds with these sweet and savory dishes that will have the whole family coming back for seconds.

Preparation time: 10 min    Cooking time: 35 min    Servings: 8



Grilled Apple Chicken

## INGREDIENTS

- 1/3 cup honey
- 2 tsp ground cinnamon
- 8 boneless, skinless chicken breasts
- 3/4 cup frozen apple juice concentrate, thawed
- 2 tbsp lemon juice
- 3 Granny Smith large apples, cored, and cut into thick rings
- 1/4 cup brown sugar

## COOKING DIRECTIONS

Preheat grill to medium (if using gas grill), or until charcoal is covered with gray ash and is medium-hot.

In a small saucepan, combine apple juice concentrate, honey, lemon juice, brown sugar, and cinnamon; mix well. Heat over medium heat until sugar is dissolved (about 3 minutes). Set aside 1 cup of mixture to serve as sauce; use remaining for basting.

Arrange apple rings on grill and brush with basting sauce. Grill for 8 minutes, basting often. Turn apple rings over, baste again, and grill for 8-10 minutes or until tender, basting often. Meanwhile, place chicken on grill. Brush with basting sauce. Grill for 5 minutes (10 minutes if frozen), basting often. Turn chicken over and baste again. Basting often, grill for 5 to 7 minutes more (10 to 15 minutes if frozen) or until internal juices run clear.

Discard leftover basting sauce. Serve chicken and apples with reserved sauce.

## NUTRITION FACTS PER SERVING

<b>Calories</b> 400
% Calories from Fat 14.2%
<b>Total Fat</b> 6.3g
Saturated Fats 1.8g
Monounsaturated Fats 2.1g
Polyunsaturated Fats 1.4g
<b>Cholesterol</b> 150mg
<b>Sodium</b> 130mg
<b>Total Carbohydrates</b> 31g
Dietary Fiber 2.4g
Sugar 25g
<b>Protein</b> 54g

# Apple Rich Recipes

**Side Dishes:** No meal is complete without the perfect side. Why not prepare all three?

Preparation time: 10 min    Cooking time: 30 min    Servings: 4



Apple Braised Cabbage

## INGREDIENTS

- ½ cup water
- 1 tbsp brown sugar
- 1 tsp unsalted butter or margarine
- ⅛ tsp ground cloves
- 3 tbsp cider vinegar
- ⅛ tsp ground cinnamon
- ⅛ tsp mace
- 1 Jonathan apple, peeled, cored, and chopped
- ¼ cup dry red wine or water
- 1½ lb shredded cabbage

## COOKING DIRECTIONS

Melt butter in a heavy non-reactive saucepan or skillet over medium heat. Sauté cabbage, stirring frequently, until it begins to wilt. Add remaining ingredients and salt and pepper to taste.

Increase heat to medium-high and boil 20 minutes or until cabbage is tender and majority of liquid has evaporated.

## NUTRITION FACTS PER SERVING

**Calories** 94

% Calories from Fat 11.5%

**Total Fat** 1.2g

Saturated Fats 0.7g

Monounsaturated Fats 0.3g

Polyunsaturated Fats 0.1g

**Cholesterol** 2.5mg

**Sodium** 33mg

**Total Carbohydrates** 18g

Dietary Fiber 4.9g

Sugar 12g

**Protein** 2.3g

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# Apple Rich Recipes

**Side Dishes:** No meal is complete without the perfect side. Why not prepare all three?

Preparation time: 15 min    Cooking time: 40 min    Servings: 4



Baked Squash with Apple

## INGREDIENTS

- 2 tsp unsalted butter, melted
- 1 lb butternut squash, peeled, and cut into 1 inch cubes
- 1 Jonathan or Macintosh apple, peeled, cored and chopped
- 2 tbsp brown sugar

## COOKING DIRECTIONS

Place squash in a steamer basket over boiling water. Cover saucepan and steam 12-15 minutes or until tender. Remove from steamer basket and set aside.

Combine apples and brown sugar in a heavy saucepan over medium heat. Cook 12 minutes, stirring frequently, until juice has evaporated. Add apples to squash. Stir in melted butter and salt to taste; toss.

Transfer mixture to a buttered shallow baking dish. Bake 10 minutes or until hot.

## NUTRITION FACTS PER SERVING

**Calories** 120  
% Calories from Fat 15.8%

**Total Fat** 2.1g  
Saturated Fats 1.2g  
Monounsaturated Fats 0.5g  
Polyunsaturated Fats 0.1g

**Cholesterol** 5.1mg

**Sodium** 3.9mg

**Total Carbohydrates** 26g

Dietary Fiber 2g

Sugar 12g

**Protein** 2.1g

# Apple Rich Recipes

**Side Dishes:** No meal is complete without the perfect side. Why not prepare all three?

Preparation time: 45 min    Cooking time: 20 min    Servings: 4



Pears and Apples au Vin

## INGREDIENTS

- ½ cup dry white wine
- 1 cup orange juice
- ½ tsp orange zest
- ¼ cup dates, chopped
- ½ cup raisins
- 2 pears, cored and cut into ¾ inch pieces
- 2 tart apples, peeled, cored and cut into ¾ inch pieces
- 1 cup seedless grapes, halved

## COOKING DIRECTIONS

Combine first 3 ingredients in a heavy saucepan over medium heat. Simmer 15-20 minutes or until reduced by half. Stir in dates and raisins. Simmer 3 minutes, stirring occasionally. Remove from heat.

Combine next 3 ingredients in a serving bowl. Pour hot juice mixture over fruit and toss. Chill at least 30 minutes. Toss before serving.

## NUTRITION FACTS PER SERVING

<b>Calories</b> 260
% Calories from Fat 1.9%
<b>Total Fat</b> 0.5g
Saturated Fats 0.1g
Monounsaturated Fats 0.1g
Polyunsaturated Fats 0.1g
<b>Cholesterol</b> 0mg
<b>Sodium</b> 9.7mg
<b>Total Carbohydrates</b> 61g
Dietary Fiber 6.4g
Sugar 34g
<b>Protein</b> 2g

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# Apple Rich Recipes

**Desserts:** Round out your meal with a sweet treat that will leave you satisfied, but not full.

Preparation time: 10 min    Cooking time: 5 min    Servings: 4



## Apple Cinnamon Rings

### INGREDIENTS

- 1 tsp ground cinnamon
- ¼ tsp nutmeg
- ¼ cup sugar
- ¼ tsp ground cloves, ground
- 2 tbsp unsalted butter
- 1½ lb Jonathan apples, cored and cut crosswise into ½ inch rings
- ¾ cup heavy cream, warm

### COOKING DIRECTIONS

Combine first 4 ingredients in a bowl. Melt butter in a heavy nonstick skillet over medium heat. Cook apples 3 minutes. Turn and sprinkle with cinnamon mixture. Cover and cook another 3 minutes until apples are just tender.

Serve apples with cinnamon sauce and warm cream.

### NUTRITION FACTS PER SERVING

**Calories** 260  
% Calories from Fat 48.5%

**Total Fat** 14g  
Saturated Fats 8.9g  
Monounsaturated Fats 3.9g  
Polyunsaturated Fats 0.6g

**Cholesterol** 46mg

**Sodium** 9.8mg

**Total Carbohydrates** 36g  
Dietary Fiber 2.6g  
Sugar 30g

**Protein** 1g

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# Apple Rich Recipes

**Desserts:** Round out your meal with a sweet treat that will leave you satisfied, but not full.

Preparation time: 10 min    Cooking time: 45 min    Servings: 8



Apple Raisin Crisp

## INGREDIENTS

- 1 tsp ground cinnamon
- ½ tsp lemon juice
- ¾ cup raisins
- ⅓ cup all-purpose flour
- ⅓ cup unsalted butter, softened
- 2 tbsp chopped walnuts
- 2 lb Jonathan apples, peeled, cored and sliced
- ⅔ cup old fashioned oats
- ¼ cup sugar
- ½ cup brown sugar, packed firmly
- ⅛ tsp salt (optional)

## COOKING DIRECTIONS

Preheat oven to 375°F. Combine first 4 ingredients in a bowl. Add ¼ tsp cinnamon. Cut in butter until mixture resembles coarse meal. Stir in walnuts and set aside.

Combine remaining ingredients and remaining cinnamon in a bowl. Transfer apple mixture to a deep buttered baking dish. Sprinkle with oat mixture and bake 40-45 minutes or until top is golden.

## NUTRITION FACTS PER SERVING

**Calories** 310  
% Calories from Fat 31.9%

**Total Fat** 11g  
Saturated Fats 5.7g  
Monounsaturated Fats 2.5g  
Polyunsaturated Fats 14g

**Cholesterol** 23mg

**Sodium** 47mg

**Total Carbohydrates** 56g

Dietary Fiber 3.7g

Sugar 31g

**Protein** 2.6g

# Apple Rich Recipes

**Desserts:** Round out your meal with a sweet treat that will leave you satisfied, but not full.

Preparation time: 15 min    Cooking time: 50 min    Servings: 8



## Apple-Walnut Bread Pudding

### INGREDIENTS

- ½ cup water
- ¼ cup chopped walnuts
- ½ tsp ground cinnamon
- 3 oz Gouda cheese, cut into cubes
- 2 Jonathan or Macintosh apples, peeled, cored, and finely diced
- ¼ cup unsalted butter
- ¾ cup brown sugar, packed firmly
- 2 slices French bread, cut into ¾ inch cubes

### COOKING DIRECTIONS

Preheat oven to 350°F. Melt half the butter in a baking dish. Add bread cubes and stir until butter is absorbed. Bake 15-20 minutes or until golden, stirring occasionally.

While bread is baking, combine brown sugar, water, and cinnamon in a heavy saucepan. Simmer over medium-high heat 5 minutes or until sugar dissolves. Remove from heat and stir in remaining butter. Set aside.

Add apples, cream cheese, and walnuts to baking dish. Pour reserved syrup over mixture and bake 35-40 minutes.

### NUTRITION FACTS PER SERVING

**Calories** 260  
% Calories from Fat 38.1%

**Total Fat** 11g  
Saturated Fats 5.8g  
Monounsaturated Fats 2.7g  
Polyunsaturated Fats 2.2g

**Cholesterol** 27mg

**Sodium** 200mg

**Total Carbohydrates** 35g

Dietary Fiber 1.2g

Sugar 25g

**Protein** 5.3g