

APPLE

Apples are easy to come by at any grocer. There are hundreds of varieties which are grown in the U.S., and many more imported from other countries. Apples local to the Northeast are harvested in autumn. Many orchards let you pick your own!

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BEST COOKING METHODS

- RAW
- BAKED

RECIPE IDEAS

- SALADS
- SAUCE
- BAKED APPLE

STORAGE

- Apples last in a plastic bag in the crisper of your fridge for a couple of weeks or more.
- Very bruised apples are great for baking; or slice and roast extra to add to cereals and oatmeal.

NUTRITION

- Good source of Vitamin C and fiber.

TIPS

- The skin of the apple is the most nutritious, so leave it on if possible.
- McIntosh, Golden and Red Delicious are on the softer end -- not ideal for baking, while Fuji, Cortland, and Empire are much firmer and hold up well for cooking.

ISRAELI (PEARL) COUSCOUS & APPLE SALAD

- **2** large apples, cored and diced
- **4 tbsp** olive or vegetable oil
- **1 c** pearl couscous (or orzo)
- **1/4 tsp** salt
- **1/4 c** lemon juice or apple cider vinegar
- **2 tbsp** red onion, minced
- **3 c** crumbled feta
- **1/4 c** walnuts, chopped (optional)
- **1/4 c** arugula, roughly chopped
- **1/2 tsp** dried oregano
- **Ground pepper** to taste

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IN A MEDIUM SKILLET OVER MEDIUM HEAT, HEAT 1 TABLESPOON OIL. ADD COUSCOUS, SHAKING PAN OCCASIONALLY, AND COOK UNTIL GOLDEN BROWN, ABOUT 2 TO 3 MINUTES. POUR IN 2 CUPS WATER AND SALT, THEN BRING TO BOIL. REDUCE HEAT TO SIMMER AND COOK COUSCOUS UNTIL TENDER, ABOUT 6 MINUTES; DRAIN AND RINSE. IN A LARGE BOWL, TOSS TOGETHER APPLES AND 2 TABLESPOONS LEMON JUICE OR VINEGAR. MIX IN RED ONION AND COUSCOUS. TRANSFER APPLE MIXTURE TO A SERVING DISH AND SPRINKLE IN FETA AND WALNUTS (OPTIONAL). IN A SMALL BOWL, WHISK TOGETHER ARUGULA, OREGANO, REMAINING LEMON JUICE, AND GROUND PEPPER TO TASTE. SLOWLY ADD REMAINING 3 Tbsp OIL, WHISKING UNTIL WELL BLENDED. DRIZZLE DRESSING OVER SALAD AND TOSS GENTLY TO SERVE. SERVES 4.
(ADAPTED FROM [HTTP://WWW.COUNTRYLIVING.COM/](http://www.countryliving.com/))

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