

Serves 6 to 8

Snack Kebabs

A fun and healthy snack for after school or work. Could also be served for breakfast.

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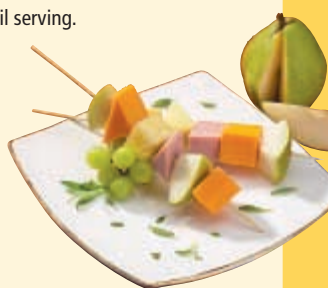


- 2 cups (500 ml) fresh pineapple, cut into large chunks
- 2 B.C. Brand pears, cored and cut into large chunks
- Juice of 1 lemon

- 1 tsp (5 ml) sugar
- 1 cup (250 ml) ham, cooked and cut into large chunks
- 1 cup (250 ml), aged cheddar, cubed
- Green grapes, optional garnish

Toss pears with lemon juice and sugar immediately after cutting. Arrange fruit, ham, cheese, and grapes on wooden skewers. Refrigerate until serving.

Suitable for diabetic diets.



Per serving: 251 calories, 11.2 g carbohydrate (17%), 15.8 g protein (25%), 16 g fat (58%)

Serves 6

Apple Breakfast Bars

A warm apple crisp-type dish for breakfast!

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- 1/2 cup (125 ml) flour
- 1/2 tsp (2.5 ml) salt
- 1/2 tsp (2.5 ml) baking soda
- 1/3 cup (80 ml) brown sugar, packed
- 1 cup (250 ml) rolled oats

- 1/2 cup (125 ml) plus 2 tbsp (30 ml) butter
- 3 to 4 cups (1 L) B.C. Brand apples, peeled and sliced thinly
- 1 cup (250 ml) French vanilla yogurt

In mixing bowl, combine flour, salt, baking soda, sugar and oats until well mixed. Cut in 1/2 cup of butter. Spread half of crumb mixture into a buttered 8" (20 cm) square pan. Cover with apples and top with the remaining crumb mixture. Dot with 2 tbsp of butter.

Bake at 350°F (180°C) for 40 minutes. Cut into squares. Serve warm topped with French vanilla yogurt.



Per serving: 425 calories, 56 g carbohydrate (49%), 7 g protein (6%), 20 g fat (42%)

Serves 4

Apple Chicken Curry in a Hurry

A delicious curry in less than 30 minutes!

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- 2 tbsp (30 ml) butter
- 1 large chicken breast, skinless, boneless, cubed
- 1 tbsp (15 ml) vegetable oil
- 2 stalks celery, chopped
- 1 large onion, chopped into chunks
- 2 cloves garlic, minced
- 2 B.C. Brand Sunrise or Royal Gala apples, unpeeled, chopped

- 1 red bell pepper, cut in large chunks
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 1 tbsp (15 ml) curry powder
- 1 tsp (5 ml) hot pepper flakes
- 4 tbsp (60 ml) flour
- 3 cups (750 ml) chicken broth

In a large saucepan, cook chicken in butter until brown and cooked throughout. Remove from heat and set aside. In the same saucepan, heat vegetable oil and sauté celery, onion and garlic until soft. Add apples, pepper, chickpeas and spices and cook for 2 minutes. Sprinkle on flour and cook for 3 minutes. Add broth. Bring to a boil. Simmer for 5 minutes or until sauce thickens.

Serve plain or over rice garnished with yogurt, cilantro and apple wedges.

Suitable for low fat, heart healthy, and diabetic diets.



Per serving: 619 calories, 83 g carbohydrate (51%), 35 g protein (23%), 17 g fat (26%)

Makes 4 dozen

Soft Apple Cinnamon Cookies

These make a great tasting, healthy treat for a packed lunch or after school snack.

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- Preheat oven to 400°F (200°C). Lightly grease or cut parchment paper onto 2 cookie sheets.
- 2/3 cup (160 ml) butter
- 1 cup (250 ml) brown sugar, packed
- 2 eggs
- 1/2 cup (125 ml) sour milk (Make by adding 1 tsp/5 ml vinegar to 1/2 cup milk.)

- 2 cups (500 ml) rolled oats
- 2 cups (500 ml) all-purpose flour
- 1 tsp (5 ml) baking powder
- 1/2 tsp (2.5 ml) baking soda
- 1/2 tsp (2.5 ml) salt
- 3 tsp (15 ml) cinnamon
- 3 large B.C. Brand apples, unpeeled, grated

In a large mixing bowl, cream butter and sugar. Add eggs, one at a time, beating well after each addition. Add milk and then oats and blend well.

In another bowl, sift together flour, baking powder, baking soda and spices. Grate apples into their own bowl and sprinkle with 1/2 cup of the flour-spice mixture.

Add flour mixture and then apples to oat mixture and stir well. Drop by tablespoons onto cookie sheet. Bake for 8 to 10 minutes. Makes 4 dozen.

Store in a sealed container. These cookies stay nice and soft! They also freeze well.

Suitable for heart healthy and low fat diets.



Per cookie: 87 calories, 14 g carbohydrate (61%), 2 g protein (9%), 3 g fat (30%)

Serves 6

Apple Cranberry Crisp

Serve this tart-sweet crisp straight from the oven with a scoop of ice cream.

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- 1/2 cup (125 ml) plus 1 tbsp (15 ml) all-purpose flour
- 1/4 cup (50 ml) rolled oats
- 3/4 cup (180 ml) brown sugar, packed
- 1/4 tsp (1 ml) salt

- 1/3 cup (80 ml) butter
- 6 B.C. Brand McIntosh apples, peeled, cored and sliced
- 1/2 cup (125 ml) cranberries, frozen

In mixing bowl, combine 1/2 cup flour, oats, sugar and salt. Cut in butter until mixture resembles coarse meal.

Lightly butter a medium-sized baking dish. Place apples and cranberries in dish and toss with 1 tbsp of flour. Top with the flour and sugar mixture.

Bake at 400°F (200°C) for 30–35 minutes until topping is golden and apples are tender. Let stand for 5 minutes before serving.



Per serving: 250 calories, 53 g carbohydrate (70%), 2.5 g protein (3%), 8.8 g fat (27%)

Serves 6 to 8

Apple Fennel Quiche

Perfect for a weekend brunch. Can be prepared in advance and reheated before serving.

For more great recipes, visit www.bctree.com



- CRUST
- 1 cup (250 ml) flour
- pinch salt
- pinch sugar

- 1/4 cup (60 ml) butter
- 1 egg, beaten
- 2 tbsp (30 ml) water (approximate)

Combine flour with salt and sugar in mixing bowl. Cut in butter until mixture resembles coarse meal. Add egg and mix until dough comes together. Add water as needed. Press into 9" (23 cm) quiche pan. Set aside.

FILLING

- 1 tsp (15 ml) vegetable oil
- 1 cup (250 ml) fennel, chopped
- 1/2 cup (125 ml) leeks, chopped
- 5 pieces bacon, cooked, cooled and chopped

- 2 B.C. Brand McIntosh apples, peeled and grated
- 1/2 cup (125 ml) Swiss cheese, grated
- 3 eggs
- 1 cup (250 ml) 1% milk
- salt and pepper

Heat oil in large saucepan. Add fennel and leeks and sauté for 5 minutes. Add bacon and apple and continue cooking for 2 minutes. Remove from heat and pour over crust. Sprinkle with half the cheese.

In bowl, beat eggs and milk. Pour over apple mixture. Sprinkle with remaining cheese and salt and pepper to taste.

Bake at 350°F (180°C) for 40 minutes or until puffy and golden.

Per serving: 360 calories, 27 g carbohydrate (29%), 17 g protein (19%), 20 g fat (52%)



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Recipes

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Serves 6

Apple Mustard Sauce

Serve this elegant sauce over slices of fresh roast pork loin. An easy, but upscale version of pork with applesauce.

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While pork is roasting, prepare the sauce.
2 tbsp (30 ml) butter
1 cup (250 ml) onion, chopped
1-1/2 tbsp (25 ml) grainy, Dijon mustard

4 cups (1 L) any crisp, tart B.C. Brand apples, peeled, sliced and cored
1 cup (250 ml) whipping cream
salt and pepper to taste

In large saucepan over low heat, melt butter. Add onions and sauté for about 5 minutes or until soft. Avoid browning. Stir in mustard until evenly blended. Add apple and cook over low heat for about 2 minutes, or until just soft. Add the cream and bring to a boil. Reduce heat and simmer uncovered for about 3 minutes or until mixture begins to thicken slightly. Add salt and pepper if desired. Serve warm over slices of roast pork. Accompany this meal with baby potatoes or rice and steamed vegetables.



Per serving: 259 calories, 26 g carbohydrate (34%), 1.6 g protein (3%), 18 g fat (63%).

Serves 4

Cornmeal & Pear Crusted Halibut

An easy, yet elegant way to prepare fresh fish.

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1 to 1-1/2 pounds (500–750 g) fresh halibut fillets
1/2 cup (125 ml) cornmeal
1 egg

1/4 cup (60 ml) milk
2 B.C. Brand pears, quartered, seeded & sliced thinly
1 tbsp (15 ml) fresh lemon juice

As soon as pears have been sliced, mix in fresh lemon juice and set aside. Coat fish with cornmeal and place on baking sheet lined with parchment paper. Combine the egg and milk. Drizzle over top of fillets. Arrange the slices of pear on top of the fish, overlapping the slices so they resemble fish scales. Bake at 450°F (230°C) for 20 minutes or until desired readiness. (Fish should be opaque and flake easily.) Serve with your favourite fruit purée or sauce.

Suitable for low fat, heart healthy, and diabetic diets.

Per serving: 233 calories, 19.5 g carbohydrate (35%), 27.5 g protein (47%), 5 g fat (18%).

Pears – storage and nutrition

Optimum storage conditions are a consistent 0°C or 32°F. Refrigerate ripe unwashed pears for up to one week. To ripen, place them in a brown paper bag and loosely close the top. Keep them at room temperature (15.5–21.1°C/60–70°F) and check daily; adding an apple to the bag will speed up the process. To keep slices of pear sparkling white before serving, sprinkle them with apple juice and water bath.



Nutritional Data: Per 166g serving (1 medium pear), Energy 110 Calories / 460 kJ, Protein 0.7 g, Fat 0.7 g, Carbohydrates 25 g, Dietary Fibre 4.1 g, Sodium 1 mg, Potassium 208 mg, Percentage of Recommended Daily Intake Vitamin C 11%, Folicin 5%, Iron 3%

Serves 6

Curried Apple & Shrimp Wraps

A wonderful way to jazz up lunch. This is no boring sandwich!

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1 ripe mango, peeled and chopped
1/4 cup (60 ml) light mayonnaise
1 shallot, peeled
6–8 drops hot sauce
1-1/2 tsp (8 ml) curry powder

1/2 pound (250 g) cooked shrimp
2 B.C. Brand Spartan apples, unpeeled and diced
1 avocado
2 tbsp (30 ml) fresh lemon juice
6 (9"/23 cm) tortilla wraps

In blender or food processor, combine mango chunks, mayonnaise, shallot, hot sauce and curry powder until smooth.

In large bowl, combine shrimp and apples. Add mango curry sauce and toss until well mixed.

Mash avocado and lemon juice. Spread on wraps. Spoon in curried apple mix and roll to seal. Cut in half diagonally to serve.

Note: Refrigerating for up to 2 hours before serving makes the wraps more stable.

Suitable for heart healthy and diabetic diets.



Per serving: 311 calories, 32 g carbohydrate (39%), 11.8 g protein (15%), 15.8 g fat (46%)

Serves 6

Warm Apple Crepes

Serve with French Vanilla yogurt topping or Lemon Apple sauce (see below) for breakfast.

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For a dessert, top with ice cream or whipped cream

CREPES
1 cup (250 ml) milk
2 eggs
2 tbsp (30 ml) melted butter

1/2 cup (125 ml) flour
1 tbsp (15 ml) sugar
pinch salt

Mix dry ingredients together. In separate bowl, whisk eggs, milk and melted butter. Then, whisk into dry ingredients. Heat crepe pan over medium heat. Use 1/3 cup batter per crepe. Cook for 2 minutes per side. Remove from pan and set on plate. Separate crepes with parchment or wax paper to prevent sticking. Crepes can be prepared up to this point and stored in the fridge for up to 3 days or the freezer for up to a month..

WARM APPLE FILLING

6 B.C. Brand McIntosh apples, peeled, cored and sliced
1/2 cup (125 ml) sugar
2 tbsp (30 ml) melted butter

French vanilla yogurt, optional
Cinnamon
Icing sugar

Heat large saucepan. Add apples and sugar. Sauté for 4 minutes or until sugar melts and apples turn a golden colour. Pour melted butter over. Sauté for 1 minute and remove from heat. To serve, set crepe on plate. Place apple mixture in centre of crepe. Top with 1 to 2 Tbsp yogurt, if desired, and a sprinkle of cinnamon. Fold both sides of crepe to centre. Garnish plate with a sprinkle of icing sugar and cinnamon.

Per serving: 293 calories, 50 g carbohydrate (65%), 5 g protein (7%), 9 g fat (28%).



Makes 4 cups

Lemon Apple Sauce

This tart sauce makes a rich-tasting but low fat topping for crepes, pancakes or waffles.

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9–10 B.C. Brand Spartan apples, peeled, cored and quartered
1/2 cup (125 ml) water

1/2 cup (125 ml) freshly squeezed lemon juice
1/2 cup (125 ml) sugar

Combine all ingredients in a large saucepan. Bring to a boil and simmer for 20 minutes. During cooking, break apples to desired consistency.

Suitable for low fat, heart healthy, and diabetic diets.

Per 1/2 cup serving: 144 calories, 37.5 g carbohydrate (96%), 0.2 g protein (1%), 3 g fat (1%).

Apples – storage and nutrition

The ideal holding temperature for apples is 1.7°C, or 32°F, with a humidity reaching 90%. Keep unwashed fruit in the crisper compartment of the refrigerator where it is coolest and the humidity is highest. Apples in the crisper compartment on freshly cut apple slices will keep fresh and delicious.

Nutritional Data: Per 160g serving (1 medium apple), Energy 101 Calories / 420 kJ, Protein 0.3 g, Fat 0.6 g, Carbohydrates 24 g, Dietary Fibre 4.3 g, Sodium 0 mg, Potassium 184 mg, Percentage of Recommended Daily Intake, Vitamin C 15%



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See above for crepe recipe

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