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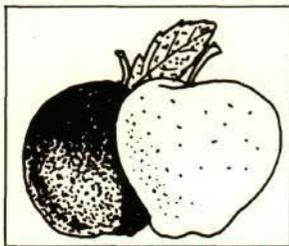
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Using and Storing Apples  
Michigan State University Extension Service  
Penny Ross, Extension Food and Nutrition Specialist  
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apples

## Apples With Sweet Potatoes

6 medium sweet potatoes  
2 apples cored and cut into 1/4-inch rings  
1/2 cup orange juice  
1/4 cup brown sugar  
1/2 teaspoon cinnamon  
2 tablespoons margarine

**Cook** potatoes until tender, about 30 minutes. **Remove** the skins and **cut** potatoes into 1/4 inch slices.

**Layer** the potatoes in the bottom of a large baking dish. **Top** with a layer of apples. **Pour** the orange juice over the potatoes and apples. **Mix** the sugar and cinnamon, and **sprinkle** over apples. **Dot** the casserole with margarine. **Bake** uncovered at 350°F. until apples are tender, about 30 minutes.

Try apples with sweet potatoes for supper with ham and a salad.

Serves 6.

## Baked Apples

4 large tart apples  
1/4 cup sugar or brown sugar  
1 tablespoon cinnamon (optional)  
margarine

**Preheat** oven to 375°F. **Wash** apples and **remove** core. **Mix** sugar and cinnamon and **add** to center of apples. **Dot** tops with margarine. **Place** apples in a baking dish. **Add** water to baking dish so bottom of dish is covered with 1/4 inch of water. **Cover** and **bake** 45 to 60 minutes, or until tender but not mushy. **Baste** apples with pan juices before serving.

Serve baked apples with a meal or for dessert. They make a nutritious snack.

Serves 4.

## Peanut Butter Apple Betty

6 apples  
2 tablespoons lemon juice  
1/4 cup water  
1/3 cup sugar  
1 cup flour  
1/4 cup (1/2 stick) margarine  
1/2 cup peanut butter

**Peel, core** and **slice** apples into a baking dish. **Mix** lemon juice and water and **sprinkle** over apples. **Combine** sugar and flour. **Cut** margarine and peanut butter into flour-sugar mixture and **sprinkle** over apples. **Bake** at 350°F. until apples are tender, about 1 hour.

Serve peanut butter apple betty for a snack with a cold glass of milk.

Serves 6.

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